TOP Santé
30 YEARS
1993 – 2023

BE HEALTHY & WELL IN 2023

Rev up your metabolism ● Burn fat ● Feel amazing!

TOP Santé
HEALTH & BEAUTY

BOOST YOUR ENERGY TODAY!

5 tips to feel more energised!

LOSE WEIGHT NATURALLY

8 ways to stop emotional eating

LORRAINE KELLY
‘The New Year is a fresh start’

NEW BEAUTY BUYS FOR BRIGHTER SKIN

Flat-tum secrets to BANISH BLOATING

6 simple tricks to BEAT ANXIETY

JANUARY 2023 £4.50
KELSEY media
01
9 770967 667202

HEALTHY MONEY-SAVING MEALS

Quick, comforting one-pot vegan dishes on a budget!

VISIT…

LANZAROTE
Caliente.COM

Menopace®
ORIGINAL
Developed for all-round
DAILY SUPPORT
During & After
MENOPAUSE
22 NUTRIENTS
VITAMINS & SOYA ISOFLAVONES
VITABIOTICS
Nº1*
MENOPAUSE SUPPLEMENT

Menopace®

"I'm wholly embracing **my midpoint in life.** With the changes life throws at me, ***I'm glad I can rely on Menopace***"

Gabby Logan

UK's No.1 Menopause supplement*

From Boots, Superdrug, Holland & Barrett, supermarkets, chemists, health stores & **menopace.com**

Menopace® Original contains **22 nutrients**, including **Vitamin B6** which contributes to the **regulation of hormonal activity** and the **reduction of tiredness** and **fatigue**.

***Nielsen GB ScanTrack** Total Coverage Value & Unit Retail Sales 52 w/e 08/10/22. UK's No1. Menopause brand. To verify contact Vitabiotics Ltd, 1 Apsley Way, London NW2 7HF.

Britain's No.1* supplements

QUEEN'S AWARD
4 TIMES WINNER

VITABIOTICS

Photography: David Venni / Chilli Media

WELCOME!

Another new year... and what a year it will be as 2023 marks the 30th anniversary of *Top Santé* in the UK! Three decades of bringing health, fitness, nutrition and beauty advice to the nation. Thirty years of covering the latest health issues – although looking back to that first copy in March 1993, not much has changed in some respects: they were writing about many of the topics we cover today, including insomnia, neck pain, stress, posture, ageing, cellulite, plus make-up and haircare advice. I guess some things don't change, and the lifestyle issues that affected us back then still do today to some extent. But the magazine has also changed a fair bit too, most notably in terms of design, but it also used to cover children's and men's health... and there was quite a lot about sex! This isn't something we've covered that much in recent years, largely due to our reader surveys in which respondents always rank it the least of their concerns. Speaking of surveys, I'd love you to fill in a few questions about your views on various health topics. The original 90s *Top Santé* team commissioned a survey of the nation's health habits and I want to compare some of those responses to what people think and do now, then include the findings in the March edition, comparing back to the March 1993 magazine. Please head to **www.smartsurvey.co.uk/s/health23** to take part – it'll only takes five minutes (I did it myself and timed it!). And if you subscribe now, you'll get the special March anniversary issue delivered straight to your door!

But back to this issue: we're again featuring Lorraine Kelly on our cover and celebrity interview (page 14). She's such a warm and lovely person, genuinely kind and helpful and it was a pleasure to meet her last year.

I hope you enjoy this first issue of 2023 – let's raise a (non-alcoholic) glass and toast to good health or, as the French say, *Santé*!

Katy Sunnassee x

instagram.com/thehealtheditor

Check out my new column on perimenopause – see page 98!

Swim to
STAY TRIM!
W

'I first tried cold-water swimming last March and our feature inspired me to take the plunge again!' (page 54).

'I enjoyed meeting Lorraine Kelly last year at our fun photoshoot in London.' (page 14)

IMAGE OF KATY: GEORGINA LITTLE PHOTOGRAPHY.

30 YEARS
BE HEALTHY & WELL IN 2023
Rev up your metabolism • Burn fat • Feel amazing!
TOP Santé
HEALTH & BEAUTY
BOOST YOUR ENERGY TODAY!
5 tips to feel more energised!
LOSE WEIGHT NATURALLY
8 ways to stop emotional eating
LORRAINE KELLY 'The New Year is a fresh start'
NEW BEAUTY BUYS FOR BRIGHTER SKIN
Flat-tum secrets to BANISH BLOATING
6 simple tricks to BEAT ANXIETY
HEALTHY MONEY-SAVING MEALS
Quick, comforting one-pot vegan dishes on a budget!

Save £21!
See p32

SUBSCRIBE & SAVE!

Treat a loved one to life-enhancing top tips on health and fitness, nutrition, skincare and more, when you buy them a ***Top Santé* subscription!** Right now you'll pay just £15 for six months, saving £21, and the gift will keep on giving all year long!
Turn to page 32 to sign up today.

FIND US ONLINE: topsante.co.uk
facebook.com/topsantemagazine
twitter.com/topsanteuk
instagram.com/topsanteuk
topsante.talkback@kelsey.co.uk

THE *TOP SANTÉ* MANIFESTO

We believe every woman has the ability to maximise her health and beauty at any age, regardless of health history. With a balanced diet, effective exercise and a positive mindset, you can stay younger for longer, inside and out. We'll bring you the latest information on wellbeing, fitness, food and beauty, empowering you to make informed choices now and for your future health. What's gone before can't be undone or redone, so let's leave it in the past and focus on what can be changed today! We're here to help you, one small step at a time.

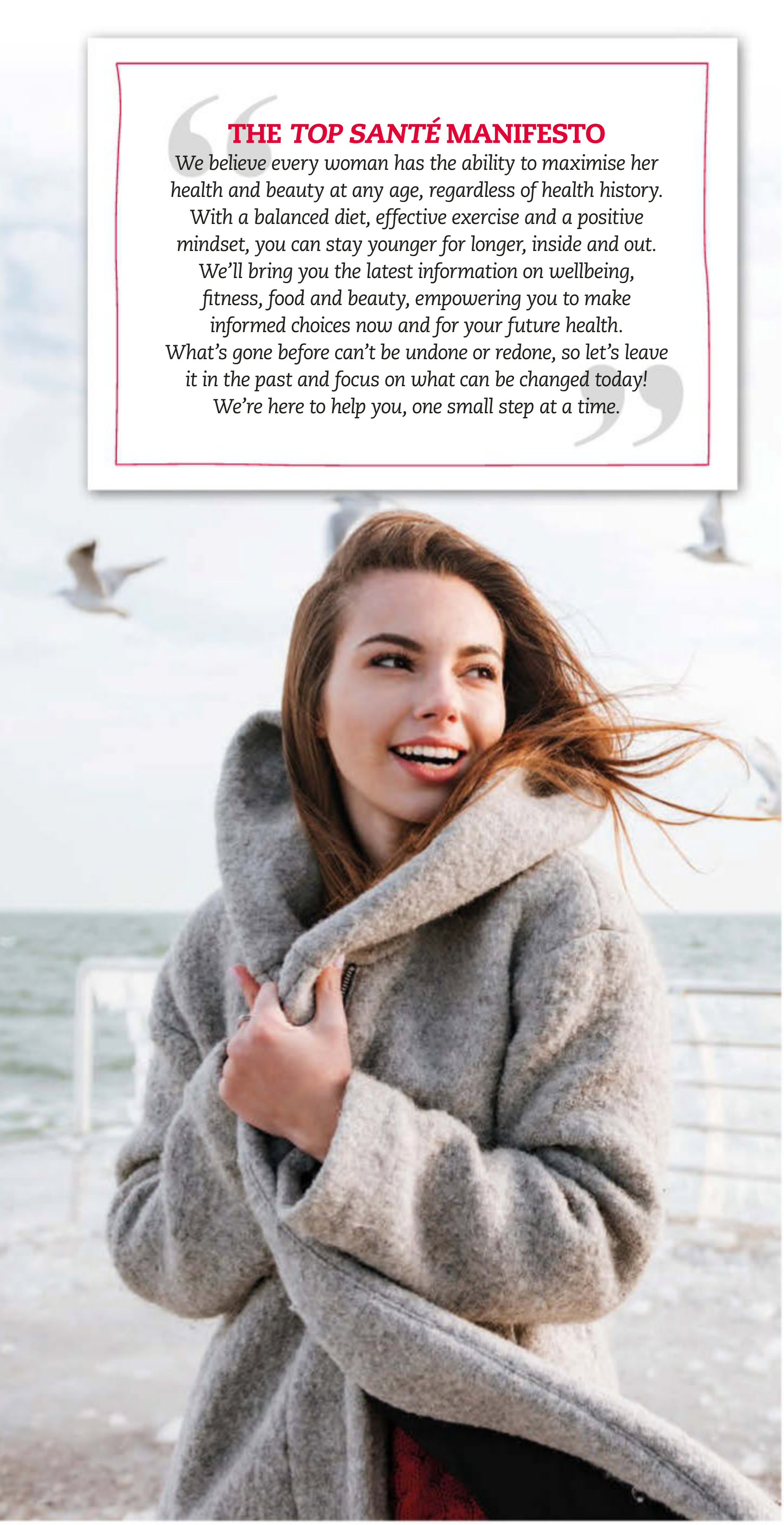


IMAGE: SHUTTERSTOCK.

The TOP Santé team

Kelsey Publishing Ltd, The Granary, Downs Court, Yalding Hill, Yalding, Kent, ME18 6AL
(Please do not send samples to this address)

EDITORIAL
Editorial provided by
The Health Editor Ltd

Design by
Jennifer Ratcliff Creative Studio Ltd

ADVERTISEMENT SALES
Commercial Manager Sarah Lindsay
01959 543739, Sarah.Lindsay@kelsey.co.uk

PRODUCTION
Tandem Media topsante@tandemmedia.co.uk
Production Manager Neil Hepden, 01233 220245

MANAGEMENT
Chief Executive Steve Wright
Chief Operating Officer Phil Weeden
Managing Director Kevin McCormick
Head of Digital Steve Jones
Finance Director Julia Mould
Retail Director Steve Brown
Head of Commercial Dave Stone
HR and Operations Paul Borsbery
Print Production Manager Georgina Harris
Print Production Controller Hayley Brown
Audience Development Manager Andy Cotton
Subs Marketing Director Gill Lambert
Senior Subs Marketing Manager Nicholas McIntosh
Senior Subs Marketing Executive Molly Walton
Licensing Sales Manager Cerie McGee

SUBSCRIPTIONS
● 13 issues of *Top Santé* are published per annum
● UK annual subscription price: £54.60
● Europe annual subscription price: £64
● USA & Canada annual subscription price: £64
● Rest of the World annual subscription price: £70

CONTACT US
topsante.ed@kelsey.co.uk
UK subs and back issues: 01959 543747
Overseas subs orderline: 0044 (0) 1959 543747
Toll free USA subscription orderline: 1-888-777-0275
Customer service: https://kelseyassist.freshdesk.com/support/home
Customer service and subscription postal address:
Top Santé Customer Service Team,
Kelsey Publishing Ltd, The Granary, Downs Court,
Yalding Hill, Yalding, Kent, ME18 6AL.
Manage your subscription online at
shop.kelsey.co.uk/myaccount
For back issues visit shop.kelsey.co.uk/TSA

DISTRIBUTION
Great Britain – Marketforce (UK) Ltd, 3rd Floor,
151 Marsh Wall, London, E14 9AP. Tel: 0330 390 6555.
Northern Ireland and Republic of Ireland –Newspread.
Tel: +353 23 886 3850

PRINTING William Gibbons & Sons Ltd.

Kelsey Media 2022 © all rights reserved. Kelsey Media is a trading name of Kelsey Publishing Ltd. Reproduction in whole or in part is forbidden except with permission in writing from the publishers. Note to contributors: articles submitted for consideration by the editor must be the original work of the author and not previously published. Where photographs are included, which are not the property of the contributor, permission to reproduce them must have been obtained from the owner of the copyright. The editor cannot guarantee a personal response to all letters and emails received. Any correspondence submitted to Kelsey Media may be published. Our published assets include print magazines, digital editions and our websites. If you prefer we do not publish your name and location (town/city), please state DO NOT PUBLISH at the end of your correspondence. See Privacy Notice kelsey.co.uk/privacy-notice. The views expressed in the magazine are not necessarily those of the Editor or the Publisher. Kelsey Publishing Ltd accepts no liability for products and services offered by third parties. For information about our privacy policy, visit kelsey.co.uk/privacy-policy. for queries regarding Kelsey's data policy, email dpo@kelsey.co.uk. Information given is not a substitute for medical advice. Check with your GP before making lifestyle changes. Prices are correct at time of going to press.

7.5% OFF Use code **SANTE0123**

- ✓ Treadmills
- ✓ Cross Trainers
- ✓ Rowers
- ✓ Exercise Bikes
- ✓ Dumbbells
- ✓ Kettlebells
- ✓ Barbells
- ✓ Multi-Gyms

FREE HOME GYM DESIGN SERVICE

NEVER BEATEN ON PRICE

NEW YEAR, NEW YOU

Fitness Superstore

THE UK'S LARGEST FITNESS EQUIPMENT STORES

TRY BEFORE YOU BUY

0% FINANCE AVAILABLE†

EQUIPMENT FOR ALL BUDGETS

11 FITNESS SUPERSTORES NATIONWIDE

Start 2023 off strong with Fitness Superstore! Kit out your home gym, your way, choosing equipment from some of the industry's biggest brands at the best possible prices. Whether your goal this year is to build muscle, tone up or lose weight, these products deliver the results you're after.

Head to your nearest store to try any of the strength and cardio machines on display before you buy, plan your training area with our free gym design service, and build the home gym you've always wanted!

BODY POWER | Life Fitness | Octane Fitness | BOWFLEX | MATRIX | SCHWINN.

DISCOVER OUR RANGE OF TREADMILLS, BIKES, CROSS TRAINERS, RACKS, WEIGHTS & BARBELLS

Try Before You Buy ✓ Expert In-Store Advice ✓ Never Beaten on Price ✓ 0% Finance Available† ✓

STORES NATIONWIDE | CHELMSFORD | GLOUCESTER | KENT | MANCHESTER | NEWCASTLE | NORTH LONDON
NORTHAMPTON | NORWICH | SURREY | SHEFFIELD | EXETER

Call 01604 673000 or visit fitness-superstore.co.uk

Trustpilot ★★★★★

Google RATING: EXCELLENT ★★★★★

Code expires 26th March 2023. Prices may vary, see website for current price. † Subject to age and status.

JANUARY 2023

INSIDE THIS ISSUE...

HEALTH

14 COVER **My life in health**
TV presenter Lorraine Kelly, 62, talks new year health overhauls, beauty products for mature skin, plus the power of positive thinking.

20 **Your healthy home**
Refresh your space this January with the latest eco-friendly and uplifting products for the home.

22 **Wellness travel**
Inspired by Veganuary? Relax and detox at these 100 per cent vegan-friendly retreats and hotels.

26 **Make room for magnesium**
Whether you suffer from muscle cramps, anxiety or insomnia, taking a magnesium supplement could offer you relief.

28 COVER **5 ways to beat anxiety**
Perimenopause can be a time of heightened anxiety for some. Mindset and fitness coach Sue Tetley looks at ways to stay calm and in control.

35 COVER **Get healthy for 2023!**
Discover the health, fitness, beauty and nutrition trends set to influence you this year, plus find out how to send your energy levels soaring, beat emotional eating, stay trim and more, with our healthy new you special section.

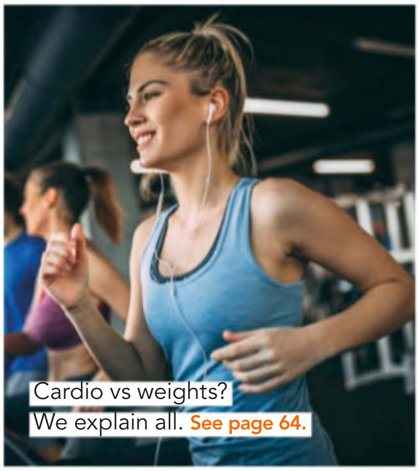
38 COVER **Curb your comfort eating**
Learn how to stop using food to calm emotional overwhelm, and glide into 2023 feeling positive and in control of your food.

47 COVER **Feel more energised... without coffee!**
Get off the stimulate-then-slump rollercoaster and switch to gentler ways to increase your physical and mental energy this winter.

52 COVER **Beat the bloat**
Keep your gut happy and harmonious – and much less gassy – with our expert advice.

Get healthy for 2023!

Make this year your healthiest yet, with expert tips and advice on health fitness, beauty and nutrition. Starts page 35.



Cardio vs weights? We explain all. **See page 64.**

54 COVER **Swim to stay trim!**
Find out how cold-water swimming can help you lose weight and improve your metabolism.

EVERY MONTH

09 **Your healthy start**
New studies, books, apps and more to help you stay well in mind and body this month.

12 **Katy curates**
Editorial director Katy Sunnassee reveals her favourite new finds in the world of wellbeing.

Escape to a vegan retreat and reboot your system for 2023! See page 22

SUBSCRIBE TO TOP SANTÉ!

...and save an amazing £21 on the shop price!

30
BE HEALTHY & WELL IN 2023
TOP Santé
BOOST YOUR ENERGY TODAY!
LOSE WEIGHT NATURALLY
NEW BEAUTY BUYS FOR BRIGHTER SKIN
6 BEAT ANXIETY
HEALTHY MONEY-SAVING MEALS

p32

94 **Ask the experts**
We talk to aromatherapy expert Julia Lawless, women's health specialist Dr Jana Pittman and trauma specialist Dr Lisa Turner.

94 **Katy Perimenopause**
Editorial director Katy Sunnassee shares her midlife journey.

FITNESS

61 **Top fitness**
Wrap up warm and stay safe with the best cold-weather kit.

64 **Weights vs cardio**
Whether you prefer running hard or lifting weights, both are good for you. Here's why...

70 **Jump to it!**
Fitness expert and PT Joey Bull explains the benefits of jumping.

BEAUTY

73 **Top beauty**
Delve into our pick of the best beauty treats for your skin and hair.

76 COVER **C the light**
Now's the perfect time to brighten your skin with vitamin C.

76 **Out with the old....**
Refresh your make-up bag and get the results you're looking for.

Fill up on delicious vegan recipes without breaking the bank. See page 90.

FOOD

83 **Top food & drink**
Tuck in to the best new kitchen foods and treats.

86 **How to have a successful Veganuary**
Functional nutritionist, author and keto expert Pauline Cox MSc explains how best to support your body with the right nutrients this Veganuary

90 COVER **Plant-based on a budget**
If you're watching the pennies after Christmas, try these one-pot dishes from new book *Broke Vegan: One Pot*.

COVER PHOTOGRAPHY: WORDS: GEMMA CALVERT. IMAGES: GEORGINA LITTLE (@GEORGINALITTLEBRANDPHOTOGRAPHER).

Good Health starts with Robust Immunity

A natural diet programme that helps you lose weight while boosting your immune system

Almased
Almased
Almased
Promotes Effective Weight Control

Germany's No. 1 Weight loss product

With colder days and darker nights upon us, now more than ever we want to feel confident that the food we eat supports our wellbeing as well as our waistline.

Using **Almased** meal replacement shakes in our calorie-controlled, nutrient-rich weight loss programmes makes it easy to lose weight and stay healthy at the same time – and with an extra boost to your immune system, you'll be fully prepared for everything winter throws at you.

Almased meal replacements enable you to lose weight, while at the same time protecting your body's essential muscle and boosting your immune system – so it's not hard to see why we're Germany's No 1 meal replacement for weight loss[1]. Looking after our immune system has become a priority, and with **Almased**, its proven formula has much more to offer than most other meal replacements.

Recent clinical studies have shown that **Almased** not only contributes to significant weight reduction, but also improves detrimental inflammatory markers in the body, boosting immune health while supporting energy levels[2].

Almased is formulated using natural, wholesome ingredients – soya, yogurt and enzyme-rich honey. This means it's highly nutritious and delicious, and packed with essential protein as well as being low in calories.

With more than 30 years of scientific research behind it, you can feel confident that **Almased** offers healthy weight loss and optimum wellbeing.

Choose between **Almased**'s 14-day Plan or Long-Term Plan to lose weight, keep it off long-term, and look and feel perfectly healthy.

The secret is in the science

Clinically proven weight loss vs a fat-restricted low-calorie diet[5]

Reduces body fat while maintaining muscle[4]

Improves glycaemic control for Type 2 diabetes[6]

Rich in antioxidants and nutrients including Vitamin C and zinc[7]

Naturally free from gluten, artificial flavours, fillers, stimulants and preservatives

Suitable for vegetarians, athletes, and those with diabetes

☎ 020 3463 9769 ✉ nutritionist@almased.co.uk www.almased.co.uk Almased UK AlmasedUK

Boots Let's feel good LloydsPharmacy amazon Superdrug

Almased®

1. Euromonitor International (2020). 2. Kempf, K et al (2021). Nutrients, 13: 1-12. 3. Oliveira, C et al (2020). American Journal of Clinical Nutrition; 00:1–12. 4. Deibert, P et al (2004). Intl. Journal of Obesity; 28(10):1349-52. 5. König, D et al (2008). Annals of Nutrition and Metabolism; 52(1):74-78. 6. Kempf, K et al (2017) Diabetes Care; Jul 40(7): 863-87. 7. Vitamin C and Zinc contribute to the normal function of the immune system. *Substituting two daily meals of an energy restricted diet with meal replacements contributes to weight loss.

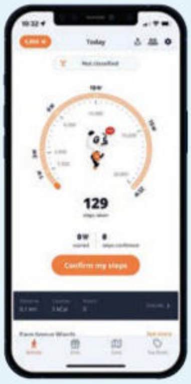
YOUR HEALTHY JANUARY

New studies, books, apps and more to help you stay well in mind and body.

KEEP YOUR FIT FRIENDS CLOSE!

Make a date to spend time with your active friends – and their healthy habits might just rub off on you! Researchers found that people in social groups that value exercise are more likely to be active themselves. But the reverse is also true, with those in inactive social circles less likely to get moving. Lonely people were more likely to be sedentary too, so if you're looking to kick-start a new fitness routine, try joining a walking, running or cycling group for a hit of motivation.

WORDS: LIZZY DENING. IMAGES: SHUTTERSTOCK.



APPY AND YOU KNOW IT

Motivating you to walk every day, **WeWard** (free, en.weward.fr) monitors your steps and adds them up to offer bonuses, such as cash or charity donations. You can earn up to £1,000 a year, or just hitting your daily recommended target of 10,000 steps for a year can bring in £125 to give to charity or to keep. Put on your walking boots!

KEEP ON TRACKING

Using a wearable tracker to count and increase the number and intensity of your daily steps can reduce your risk of several chronic diseases, including diabetes, hypertension and sleep apnoea, say scientists from Vanderbilt University Medical Center. Taking more than 8,200 steps a day was found to offer some protection against multiple conditions, while overweight individuals can reduce their risk of obesity by 64 per cent through increasing their daily steps from 6,000 to 11,000. They also found tracker data could be useful to physicians who could use it to tailor physical activity suggestions for patients.

IS YOUR JANUARY DIET REALLY HEALTHY?

Eating more healthily or to lose weight is a common New Year's resolution. But it's worth being brutally honest with yourself about what you eat, if that's your goal. Adults who made changes to lose weight tended to overestimate how healthy their diet was, according to the American Heart Association. Most thought they had improved the quality of their diet but researchers revealed not much had really changed! The organisation stresses that learning and understanding more about nutrition is key to getting it right in 2023 and beyond.

26%

...the percentage of Brits who would rather use a health app than visit a GP or hospital.*

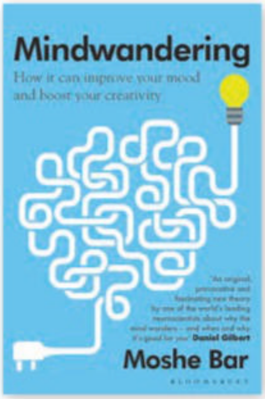
TOP OF THE PODS

In need of a quick reset? Try a mini-hypnosis session with Professor Ursula James on her podcast **HypnoSOS** (ursulajames.co.uk). The bite-sized episodes of about 13-16 minutes are designed to improve your mental health as well as covering topics such as better sleep, reducing stress and boosting self-motivation.

*QUIN

SLEEP BOOSTS AMBITION

Apart from making you feel like a human being, a good night's sleep helps women be more ambitious in their work lives too. Women who reported a better night's sleep were more enthusiastic about striving for status or responsibility at work, according to a Washington State University study. Interestingly, this same impact was not seen in male participants' relationship to work and ambition.



New brain-boosting book

Mindwandering How It Can Improve Your Mood and Boost Your Creativity, by Moshe Bar (£10.99, Bloomsbury).

Is your mind always wandering from problem to problem? While worrying about the future and mindless self-chatter can contribute to anxiety, directing your mindwandering more constructively can spark creativity. That's according to top cognitive neuroscientist Moshe Bar, who presents new research highlighting how mindwandering can help you solve problems, elevate mood and feel happier – plus he gives you the tools to try it for yourself.

NEW FOUR-IN-ONE CANCER TEST

A new type of smear test has impressed in clinical trials, thanks to its ability to pick up cervical, breast, womb and ovarian cancers up to four years before cases strike and all from one swab. It detected more than half of women whose screening results were normal but would go on to develop signs of cancer in the next four years. It could mean the end of mammograms, biopsies and invasive treatment. It involves taking a cervical swab, then examining the DNA methylation (changes in methylation can indicate risk of developing disease), meaning changes to cells can be spotted before they become cancerous.

TOP Santé
Follow us on facebook.com/top.sante.magazine for regular health news and inspiration!

KATY CURATES…

Editorial director Katy Sunnassee shares her latest wellbeing finds. Connect with her at instagram.com/thehealtheditor.

THE GYM KITCHEN
FOOD TO FUEL
MOROCCAN GRAINS

The Gym Kitchen pulse & grain range (£2, asda.com). These handy pouches are filled with macro-balanced, plant-based pulses, grains and veggies, such as Moroccan Grains and Tikka Lentils, making for a nutritious meal in minutes. The contents can be eaten straight out of the pack or steamed.

Known Nutrition Advanced Marine Collagen Supplement (£49.99, knownnutrition.co.uk). Featuring an advanced liposomal formulation and eight active ingredients including Bilberry Extract, vitamins B5, C, E and flaxseed oil that support healthy skin, health and nails, this collagen supplement helps to improve the appearance of fine lines and wrinkles after just four weeks. When taken daily, it also improves the skin's radiance and promote the growth of healthy, thick hair.

Hibernicis Síoda Body Serum (£69, hibernicis.com). Drench your body in moisture with this body serum rich in sodium hyaluronate, a water-binding ingredient that penetrates deeply into skin to plump up and deeply hydrate. A blend of five seaweed extracts provides antioxidant and moisturising properties and helps detoxify, clear, and tone your skin, also helping reduce cellulite.

HIBERNICIS
BODY SERUM
HIBERNICIS
SÍODA BODY SERUM

Pukka Menopause Serenity (£29.95, revital.co.uk). This nourishing, organic blend of botanicals includes iodine from Arctic seaweed to support thyroid hormone production, as well as mental clarity and energy. Iodine also contributes to the normal functioning of your nervous system, cognitive function and energy-yielding metabolism.

The Blend Easing Aches (£30, theblendessentialoils.com). Created by a team of experts including a medical herbalist, creative perfumer, biologist and aromatherapy chemist, this oil blend relieves aching joints and arthritis pain, thanks to its anti-inflammatory ingredients. Rosemary helps revive, black pepper is warming, marjoram reduces pain and juniper assists with detoxing.

Unique CBD Skincare Protect Serum (£39, uniquecbd.co.uk). Formulated specifically to preserve and strengthen your skin's natural defence, this super serum is infused with 350mg organic CBD to help defend skin against free- radical damage and prevent ageing from environmental aggressors such as UV, blue light and pollutants.

KLEEN Soaps (£9.50 per bar, kleensoaps.com). Go retro in the bathroom with these cold-pressed vegan soaps on ropes made from high-quality, natural ingredients. They come in recycled packaging and are handmade in small batches, cured for a minimum of six weeks so they last ages and create a creamy lather. You'll never go back to shower gel!

Dr. Organic Guava Colour Protect Hair Mask (£7.99, drorganic.co.uk). This intensive treatment deeply nourishes and restores dry or dull hair. Infused with vitamin C-rich organic guava, the mask penetrates deeply to enhance and protect coloured locks, boosting shine, softness and manageability.

WORDS: KATY SUNNASSEE.

MY LIFE IN HEALTH

'THE NEW YEAR IS A CLEAN SLATE'

Daytime TV presenter Lorraine Kelly, 62, talks new year health overhauls, beauty products for mature skin, plus the power of a positive mindset.

WORDS: GEMMA CALVERT. IMAGES: GEORGINA LITTLE (@GEORGINALITTLEBRANDPHOTOGRAPHER). MAKE-UP: HELEN HAND. CLOTHING: LEGATTA, CONTUR, BAM, VIONIC.

The new year is a good clean slate. I put on a lot of weight during Covid, and last November, when I was wearing a size 14 dress, a button flew off when I was on air! I thought, "I have to do something about this".

Last January, I started using the WW app and it was a game changer. It's all online, you don't go to class, you're not weighed in front of people and there's no sense of feeling ashamed or worried. You track what you eat, which helps find wee danger points. For me, around 11am, after porridge for breakfast, I'm craving something, so I have a banana.

I'm also pretty hungry when I get home from work and that's another danger point, so I always carry a banana or a bag of nuts with me, then for lunch I have soup or chilli from a big pot my husband Steve has made on a Sunday, either with or without a big hunk of bread!

It's about balance. You don't want to be eating deep fried lard but, at the same time, you don't just want to be looking at a lettuce and feeling miserable. If I want a bag of crisps and a glass of wine at the weekend, while watching *Strictly*, it's got to be done!

Being healthy is all about taking baby steps. Come January 1, don't think you're going to run a marathon or drop a stone. Set realistic goals.

Maybe go for a half-hour walk one day, then 35 minutes the next. In the new year, people rush out, join gyms and think progress will happen right away so then they get disillusioned. It took me six months to lose a stone and a half but because I did it gradually, over time, and was never on a diet, the weight stayed off.

> ‘Remember the cabbage soup diet and the F-Plan diet? It was F for farting! The diets were awful. It took a while to realise these things don’t work.’

I was a teenager in the 70s and did all the stupid diets. Remember the cabbage soup and the F-Plan Diet? F, for what? It was F for farting! The diet was awful. It took a little while to realise that these blinking things didn’t work for me. Some of the times I’ve been at my least healthiest were being a reporter on the road; I wasn’t overweight but I wasn’t eating particularly well because I was grabbing food from petrol stations and was on call all the time.

I also wasn’t particularly healthy after I had my daughter, Rosie, and it took me a while to get rid of the baby weight. I remember thinking, “She’s going to be at university before I get rid of this weight!”.

Then during Covid, I was comfort eating, and what started off as a glass of wine after Boris Johnson’s televised update became a glass before and during, too. I think we all went down the slippery slope.

With age, you’ve got to take a bit more care of yourself. It’s about investing in yourself and that’s why Beauty Pie is so good. You get luxury skincare products at a fair price and that’s all we want! My daughter Rosie does a double cleanse. She’s on it! Beauty Pie does a lovely Super Healthy Skin Hot Oil Double Cleansing Balm (£45, beautypie.com), which you use with a face cloth. It’s good for the environment because you’re not using wipes.

I wear a lot of make up every day for work but when I’m not working, I wear a tinted moisturiser, with a lightweight SPF50 beneath. I also recommend getting a good eye cream and I’m a fan of Beauty Pie’s Super Retinol Anti-Wrinkle Eye Cream (£60). I know times are hard but you’ve got to take care of yourself and a jar of really good cream is a lot cheaper and less painful than having a face lift.

Ageing is a natural thing, and I wouldn’t want to do anything radical to slow it down like Botox or a facelift. I wouldn’t go under the knife because I think you can lose yourself. A lot of people don’t know when to stop. It’s like when you buy a new sofa and all of a sudden the room looks dated.

Over the years, we’ve covered so many [procedures] going wrong, so I’m scared of that. At the same time if people want to do it, for goodness sake do your homework.

It’s about having a good skincare regime – making sure you take off your make-up, getting lots of fresh air, drinking water and eating well.

Do exercise you enjoy. I do online classes but my exercise is mostly from walking. Every day, I take the dogs out. I also love outdoor swimming. In Scotland you’re spoiled. It’s cold but it definitely stimulates everything. I’d love to join a proper club.

HRT absolutely fixed my menopause-related anxiety. Sometimes it takes time to get the medication right. I've had to change the HRT I was on because hormone levels are always changing. You have to keep aware and if any symptoms come back, rebalance yourself.

Since going through the menopause, I'm more conscious of getting enough sleep, drinking enough water and taking time out for myself. We can all get so busy. I love my job and what I do – I'm incredibly privileged and lucky – but the most important thing in my life is friends and family, so I try to make sure that work is not all encompassing.

I'm a positive, proactive thinker. Before I interviewed Hugh Jackman, we were chatting away, waiting for his co-star to come in. He's the loveliest man in the world and I said to him, "You're always a joy to interview because you set the tone. Everybody here is having a nice time. All the people that work for the film company are running about with smiles on their faces". And he said, "Look, this is part of my job. It's in my contract. I have to do these interviews. What is the point of me being grumpy and making it a chore for everyone? Why not make the best of it?" That attitude is how it should be. It's old fashioned, but it's about counting your blessings.

Being bullied as a child inspired me to be kind to others at all times. There's another old-fashioned saying: "Do as you would be done by" and it's true. Treat other people the way you want to be treated yourself and realise that you don't know what people are going through. Homeless people on the street? You don't know their story or how they ended up there. Be a bit more understanding of people who don't conform to whatever is "the norm".

I treat everybody in exactly the same way. I don't care who happens to be your parents, how much money you've got, what your sexuality is, what your religion is. I'll treat you exactly the same as everybody else and also with respect.

All we want to do is get on with our lives and, if we're lucky enough to have kids, for them to be happy and healthy. Everything else is noise.

After losing my friend Deborah James to bowel cancer last year, I focused on what she achieved in her life, particularly in the last few months. That girl did incredible things. She finished her book, she got a damehood, there was a rose named after her, she launched a fundraising clothing line and she raised millions of pounds. Her legacy is incredible, and, to this day there is the Deborah James effect. People are finding symptoms and walking around alive today because of her. I concentrate on all the positivity, the legacy and all the fun and laughs. The legend definitely lives on.

I certainly wasn't hired for how I look. I need to look smart but also relatable. There's no point in me sitting there in a Victoria Beckham dress – not that I would probably be able to get into one anyway! I like wearing high-street brands such as Zara, Mango, Karen Millen and Bonmarché. Oftentimes, I'll be in the supermarket and pick up some clothes – milk, bread and something to wear!

● *Lorraine is an investor in beauty club Beauty Pie. Visit beautypie.com.*

> 'Since menopause, I'm more conscious of getting enough sleep, water and taking time out for myself.'

Healthy HOME

Refresh your space this January with the latest eco-friendly and uplifting products for the home.

Glow Dreaming
ABSOLUTE ESSENTIAL

SWEET DREAMS

Having trouble drifting off? **Glow Dreaming** (from £64.95, glowdreaming.co.uk) for adults is a five-in-one sleep aid combining light therapy, aromatherapy, pink noise and a humidifier, to promote deep and restful slumber. Originally created for restless babies and toddlers, the new version of the multitasking device is perfect for both kids and adults alike.

BUILD A HOUSEPLANT HAVEN

POTR (from £14, potrpots.com) is a self-watering recycled plant pot. It comes flat-packed through your letterbox ready to be folded, origami style. Whenever your plant is thirsty, pour water into the pot and it will start drinking via a cotton cord. Clever.

KEEP COSY THIS WINTER

Stay toasty with the **Beurer Cosy Heated Throw** (£69.99, lakeland.com), which features a super-breathable, soft-fleece fibre and six different heat settings to keep you warm this winter, without needing to crank up the heating. The machine-washable blanket has 100W of power, along with a safety system that switches off after three hours. Cosy nights in just got better!

WORDS: LILY SMITH.

TIME TO GET BAKING

Featuring a soft green thyme colour scheme and botanical illustrations, the **KitchenAid Mixer Design Series 4.7L Blossom Artisan** (£749, kitchenaid.co.uk) is inspired by the herbs and edible flowers often found in kitchens. Combining style with functionality, it has a hammered copper bowl with a food-safe interior, plus solid stainless-steel accessories to whip, cut in butter, beat, stir, knead or mash. Ideal for budding bakers!

ALL AGLOW

Inzho Karen Eccles Candles (£18.95, pilatesfromwithin.com) are expertly and intuitively blended using pure essential oils and natural wax, before being infused with energy healing and sound-bowl frequencies. There are three candles to choose from, each representing a different uplifting intention: Inspire, Nurture and Empower. Perfect for a new year boost!

INZHO
KAREN ECCLES
INZHO
KAREN ECCLES
INZHO
KAREN ECCLES

SPREADING POSITIVITY

The Mood Club Positive Definitions Posters (£12, themoodclub.com) are ideal for adding a splash of colour and positivity to your home. Designed to inspire a daily positive mindset, each poster features a motivational word along with its original definition, including Gratitude, Love, Empathy, Confidence, Happiness and Kindness. Each poster is made in the UK using FSC-certified silk paper.

Happiness
Empathy

ecozone
enzymatic drain cleaning sticks
drain maintenance

TACKLE SMELLY DRAINS

Ecozone Enzymatic Drain Cleaning Sticks (£8 for a pack of 12, beautynaturals.com) use powerful natural bacteria and enzymes to break down common plughole blockers, such as soap scum and hair, and eliminate bad smells from kitchen and bathroom drains. The natural formula also means they are safe for septic tanks and aquatic life. Monthly drain maintenance sorted!

Wellness TRAVEL

VEGAN VACATIONS!

Whether you already follow a vegan lifestyle, or you're taking part in Veganuary, get ready to relax and detox at these 100 per cent vegan-friendly retreats and hotels.

Relax in the UK's first vegan suite

WHAT: **The Vegan Suite at Hilton London Bankside.**
WHERE: **London.**
WHEN: **Ongoing offer.**
PRICE: **From £770 (bed and breakfast).**
WEBSITE: **hilton.com.**

The first of its kind in the UK, the Vegan Suite at the Hilton London Bankside is designed to create a luxurious vegan experience for the ethically minded traveller. Everything, from the carpets and pillows to the toiletries and hotel cleaning products, are made with vegan-friendly, cruelty-free materials and ingredients.

You'll enjoy a plant-based experience from the moment you arrive, even being greeted at a specially designed vegan check-in desk, made from Piñatex, a material made from the cellulose fibres of pineapple leaves. This material is used throughout the suite, alongside eco-friendly bamboo and organic cotton.

In your luxury room, you'll find vegan Prija toiletries, packaged in recycled materials, alongside a mini bar stocked with locally sourced goodies and vegan brands. The room service menu also features a brand-new variety of vegan meal options, including avocado and scrambled Quorn for breakfast and cauliflower steak for dinner. Everything is vegan-friendly on this trip!

THE VEGAN SUITE IN-ROOM DINING

WORDS: LILY SMITH.

Escape to the country

WHAT: **The Glass House Detox & Wellness Retreat.**
WHERE: **Thurrock, Essex.**
WHEN: **Ongoing.**
PRICE: **From £259 per person (based on a two-night stay, two sharing).**
WEBSITE: **glasshouseretreat.co.uk.**

The eco-friendly Glass House Retreat and Spa utilises solar panels, a ground source heat pump and rainwater recycling technology, making it the perfect vegan-friendly getaway in the heart of Essex, and an ideal venue for helping you prioritise both your health and wellbeing this year.

During your stay, expect to enjoy a range of dishes from the entirely vegan menu, from courgette lasagne to apricot chutney tart. You can even attend vegan cooking classes with the resident chef.

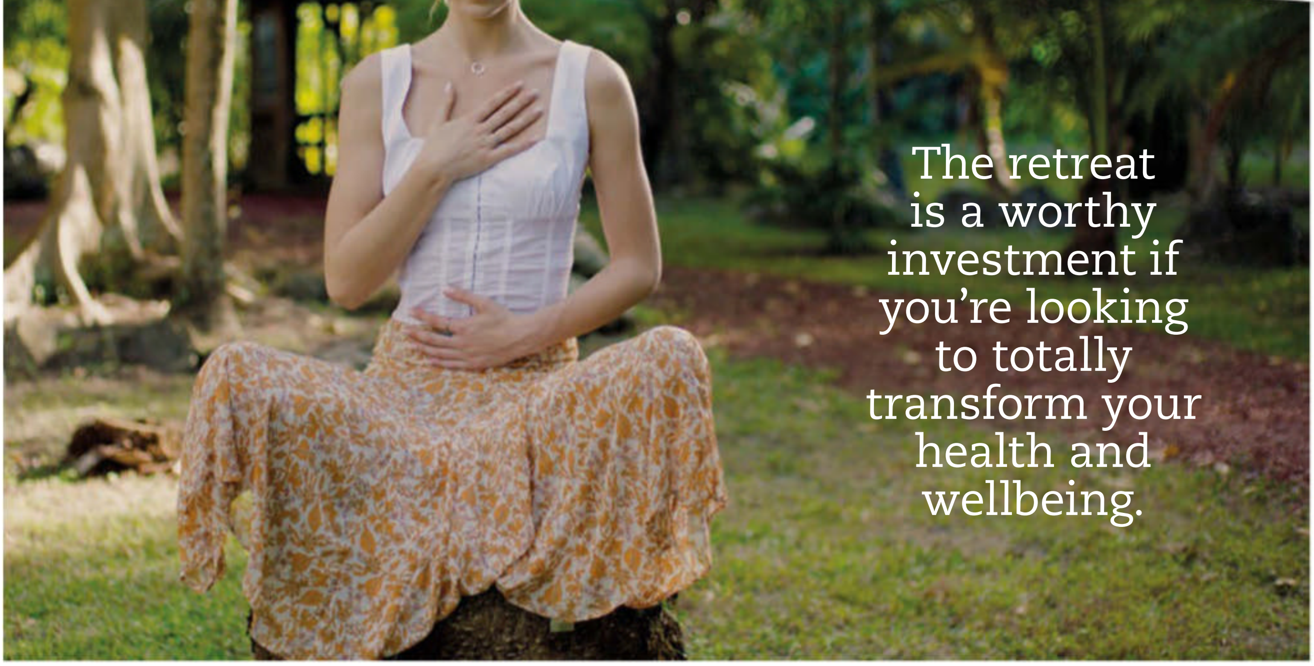
Stay fit in the very well-equipped gym room, try a group exercise class including new aerial yoga, take a cold-water dip in the natural outdoor swimming pond (complete with resident frog!) and listen to motivational talks from wellbeing experts in the outdoor glass dome. Plus, there will be plenty of time to unwind and relax in the spa and enjoy a treatment or two.

Start afresh in Florida

WHAT: **Life Transformation Programme at Hippocrates Wellness holistic retreat.**
WHERE: **Palm Beach, Florida.**
WHEN: **New programme every Sunday.**
PRICE: **From £8,738 (3-week programme).**
WEBSITE: **hippocrateswellness.org.**

Hippocrates Wellness invites you to restore and regenerate at an ethical and vegan-friendly, 50-acre retreat in Palm Beach, Florida. You'll stay in an eco-friendly suite or villa overlooking the lake. The three-week Life Transformation Programme offers a completely holistic and bespoke package, designed to target your health concerns, reverse premature ageing, help you break bad habits and leave you feeling uplifted and positive about life.

Whether you want to focus on mindfulness, fitness, immunity or regeneration, you can expect to experience nutritional counselling, ground-breaking therapies and educational lectures, along with a delicious menu of organic and vegan raw food. It doesn't come cheap, but the retreat is a worthy investment if you're looking to totally transform your health and wellbeing in 2023.



The retreat is a worthy investment if you're looking to totally transform your health and wellbeing.

Detox with raw food in Bali

WHAT: Transformative Six-Day Yoga and Detox Retreat by Art of Life Retreats.
WHERE: Ubud, Bali.
WHEN: Multiple dates available (Jan-Apr).
PRICE: From £1,219 for a private double room.
WEBSITE: basubu.com.

Reboot your life with a week of yoga, meditation, raw vegan food and healing workshops in Bali. This vegan-friendly retreat offers a VIP holiday programme where you will be provided with a personalised schedule for your individual needs. Create your own itinerary with yoga, meditation and pranayama classes and some traditional Balinese excursions.

While all dietary needs are catered for, every guest is encouraged to try a raw vegan diet for the week to experience its health and wellness benefits. Not only will you get to enjoy eating a wide range of nourishing and organic meals, you'll also learn how to prepare them yourself. And if you're in need of further relaxation during your stay, you can treat yourself to a variety of wellness therapies and massages for an additional cost.

Super supps

MAKE ROOM FOR *magnesium!*

Whether you suffer from muscle cramps, anxiety or insomnia, taking a magnesium supplement could offer relief. Here's our pick of the best.

Highly bioavailable

TerraNova Magnesium Complex (£14.65 for 50 capsules, bodykind.com)

These vegan-friendly supplements feature highly bioavailable magnesium bisglycinate, plus a "Magnifood" complex of pyridoxal 5-phosphate, rice bran, oat seed, nettle leaf, pumpkin seed and vitamin B6, all of which have been shown to enhance the effects of magnesium while also providing added benefits.

TERRA
NOVA
MAGNESIUM
100mg
COMPLEX
50 VEGETARIAN CAPSULES
FOOD SUPPLEMENT
100% VEGAN
NO ADDITIVES
MAGNIFOOD

Altrient
LIPOSOMAL
MAGNESIUM
L-THREONATE
LivOn

Superior absorption

Altrient Liposomal Magnesium (£82.96 for 30 sachets, abundanceandhealth.co.uk)

This liposomal supplement contains an advanced form of magnesium, called Magtein, which offers exceptional absorption. Unlike traditional supplements, which can be broken down by the harsh environment of the digestive tract, liposomal supplements travel straight into the bloodstream for superior absorption rates.

WILD NUTRITION
FOOD-GROWN
MAGNESIUM

All-natural formula

Wild Nutrition Food-Grown Magnesium (£17.50 for 60 capsules, wildnutrition.com)

Created using high-quality raw and natural ingredients, these easily digestible capsules contain food-grown magnesium to replicate how the mineral is found in nature. This all-natural approach means your body can recognise and absorb the nutrients more easily than with supplements that have been created synthetically.

WORDS: LILY SMITH.

Promotes better sleep

Marie Reynolds London Zedz Night Time Blend (£25 for 60 capsules, mariereynoldslondon.com)

Featuring a carefully selected blend of herbs, amino acids, vitamins and minerals – including magnesium, ashwagandha and passion flower – these supplements are perfect for soothing the mind and promoting relaxation before bed.

MARIE REYNOLDS
LONDON
Zedz
THE NIGHT TIME BLEND
Specially selected Herbals, Amino Acids, Vitamins & Magnesium
With 5-HTP, Ashwagandha, Lavender, Passion Flower, German Chamomile & Lemon Balm
60 CAPSULES

Involved in more than 300 enzyme reactions in your body, magnesium is an essential mineral that supports nervous system function, reduces stress and fatigue, and promotes restful sleep. However, it's estimated that up to half of us are consuming less than the recommended 350-400mg per day!

NATURALLY EFFECTIVE SUPPLEMENTS
together health
MAGNESIUM
From Mineral Salts
Complete natural complex with 5 forms
30

High mineral content

Together Health Magnesium (from £6.29 for 30 capsules, togetherhealth.co.uk)

Containing all five natural forms of magnesium (oxide, hydroxide, sulfate, carbonate and chloride), this pure and chemical-free supplement uses sustainably sourced magnesium from an ancient salt lake known for its health-giving properties. That's right: minerals straight from the Dead Sea!

◆

INNOPURE
magnesium citrate

Help children in need get vital vitamins

Innopure Magnesium Citrate (£11.99 for 60 capsules, innopure.com)

Containing 200mg of pure magnesium citrate, this highly bioavailable supplement is natural, vegan and free from fillers and binders. Plus, for every product sold, Innopure makes a donation to Vitamin Angels UK, who provide life-changing nutrition to children in need.

foodspring
ZN:MG
VEGAN

Contains zinc and magnesium

foodspring Zn:Mg (£19.99 for 100 capsules, foodspring.co.uk)

Your body cannot produce zinc or magnesium, so it's important to keep your levels topped up. These vegan-friendly supplements contain bioavailable magnesium glycinate and zinc gluconate, plus vitamin B6 and malic acid for improved absorption.

Meno matters

5 WAYS TO BEAT ANXIETY

Perimenopause can be a time of heightened anxiety for some. Mindset and fitness coach Sue Tetley looks at ways to stay calm and in control.

ANXIETY IS A common symptom affecting women, especially during perimenopause and menopause, yet it is often not recognised as being directly linked. Mental wellbeing can be hugely impacted during this phase of life, with women experiencing an increase in both anxiety and depression. Disturbingly, women aged 45-55 also have the highest suicide rate of all female age groups – an age range that coincides with the average onset age of perimenopause and ending just after most women have reached menopause.

Anxiety is a state of worrying, self-doubt and a feeling of being overwhelmed by a perceived threat. Symptoms can include poor sleep and concentration, irritability, rapid breathing, sweating, trembling, stomach pains, panic and fear.

> ‘Symptoms can include poor sleep, irritability, rapid breathing and fear.’

Some women first experience anxiety first during perimenopause, whereas for others, existing anxiety symptoms worsen. The causes of increased anxiety are multi-faceted; however, hormones play a large part.

THE ROLE OF HORMONES

Your body has a finely tuned system of hormones that are meant to be in balance. When the perimenopause hits, this system is disrupted, creating anxiety in some. The production of oestrogen, testosterone and progesterone starts to decline in an irregular way, whilst follicle stimulating hormone (FSH) rises to get your ovaries to produce more oestrogen.

Oestrogen has a big role to play in mood, and has been dubbed “the feel-good hormone”. It rises during the first half of your menstrual cycle and declines during the latter half. Lowering levels in the second half of your cycle can lead to irritability, anger and anxiety.

With the fluctuation in hormone levels during perimenopause, symptoms of pre-menstrual syndrome (PMS) and low mood can worsen.

Another important hormone is progesterone, which helps enhance your mood and relieves anxiety, acting as a natural antidepressant. It helps your brain and body relax. A drop in progesterone during the second half of your cycle can lead to PMS, mood swings and cravings. With further hormone fluctuations and declining levels of progesterone in the run up to menopause, these PMS-like symptoms are exacerbated.

Testosterone also plays a significant role in mood regulation. Low levels have been associated with increased anxiety and a feeling of impending doom that can lead to panic attacks.

CALMING THE CORTISOL

Stress hormone cortisol, responsible for the fight or flight response, gets thrown out of balance during perimenopause. While you need a certain level to get you up in the morning, you don't want it to be high late in the day, when your body needs to unwind for sleep, which can happen when you're chronically stressed. In situations of danger, you need cortisol to respond in an appropriate way, but constant high levels can lead to increased anxiety.

Progesterone is good at keeping cortisol under control, however, with the onset of perimenopause and a drop in progesterone, the effects of cortisol and the stress response are felt more keenly, which again leads to greater levels of anxiety.

Finally, your mindset can hinder or help anxiety, as how you view menopause can impact your mental and physical wellbeing. Although some people choose to take HRT, you can't control what is a natural bodily process and the inevitable decline in hormones. Clinging on to how you used to be, or wanting to reverse the clock, only leads to more anxiety. However, there are lots of ways you can help yourself. Get the support you need to take care of your own mental and physical wellbeing.

WORDS: SUE TETLEY. IMAGES: SHUTTERSTOCK.

1

CONTROL THE CONTROLLABLE

If you're experiencing symptoms of anxiety, it's important to acknowledge them and take control of the situation where you can. It may be tempting to bury your head in the sand, however, this will make you feel more powerless.

If you're struggling, seek advice from professionals. Look up a menopause health professional at your local GP surgery. Or, go to the British Menopause Society website (thebms.org.uk) for a list of accredited professionals.

It's also worth mentioning that a 2021 survey of 5,000 perimenopausal and menopausal women found one-in-four were given antidepressants for low mood and anxiety. NICE guidelines state that menopause symptoms should be treated first with HRT, and not with antidepressants.

TRY IT **When you do see a doctor, take a list of questions and mention menopause. You only have a limited time with a GP so it's important to get your point across clearly. Seek a second opinion if you're not happy with the treatment offered.**

2

CHALLENGE LIMITING BELIEFS

Limiting beliefs are any beliefs that stop you living the life you want. If you are viewing the menopause in a negative way, try to gently challenge this view and change your thoughts about it. This can be a time of greater self-knowledge and confidence. It's a time to "spring-clean" your life and look at what's important. Think about all the things you would love to do and how you can make them happen. You have a choice about how you think about a situation. Ditching unhelpful beliefs can help you to transform your life in a positive way. **TRY IT Use a diary at night to write down new positive beliefs, and focus on things for which you are grateful.**

3

CHOOSE YOUR WORDS CAREFULLY

You really are what you think, and your language is an expression of your thoughts. Watch negative self-talk and what you say out loud. Is your speech kind and charitable or vicious and nasty? Start giving yourself a break and talking to yourself as you would a loved one or a young child. If your language is catastrophic and negative, your brain will believe it's true and you'll feel more anxious. **TRY IT Write down some calming words or phrases on notes and sticking them where you will see them.**

> 'Ditching unhelpful beliefs can help you to transform your life in a positive way.'

5

GET MOVING

Increasing your level of physical activity has huge benefits for your mental and physical wellbeing by helping to lower levels of anxiety and releasing endorphins. Exercising in nature is particularly beneficial as it really helps you get some perspective and clear your mind as you get away from your everyday environment and connect with something bigger.

TRY IT You'll most benefit from a regular fitness habit. Start small and be realistic. It can take several weeks to consolidate a new routine so think about what you can realistically do and how to are going to stick to it.

> 'Visualise and imagine what you want to happen rather than what you fear.'

4

VISUALISE A POSITIVE OUTCOME

Your mind is so powerful that you need to make it work for you, not against you. So in a similar way to point number three, just as you mind your language, also visualise and imagine what you want to happen rather than what you fear. If you worry about how difficult and stressful something is going to be, then it will be. Confirmation bias will then kick in, telling you that you knew you wouldn't be able to deal with that situation.

TRY IT If you are starting to feel anxious, visualise and imagine being calm and in control. Use positive self-talk to bolster your feelings.

Sue Tetley is a Thrive Programme coach based in Suffolk. She helps women take control of their lives, overcome mental health issues and live life to the full, with one-to-one coaching, group sessions and monthly talks. She's a registered nurse, This Girl Can Ambassador and mental health champion. Visit suetetleywellness.co.uk.

MAKE TIME FOR YOU

and improve your health

BE HEALTHY & WELL IN 2023

Rev up your metabolism ● Burn fat ● Feel amazing!

Top Santé 30 YEARS 1993 – 2023

TOP Santé HEALTH & BEAUTY

BOOST YOUR ENERGY TODAY!

5 tips to feel more energised!

LOSE WEIGHT NATURALLY

8 ways to stop emotional eating

LORRAINE KELLY 'The New Year is a fresh start'

NEW BEAUTY BUYS FOR BRIGHTER SKIN

Flat-tu
secret
BAN
BLOAT

6 simple tricks to BEAT ANXIETY

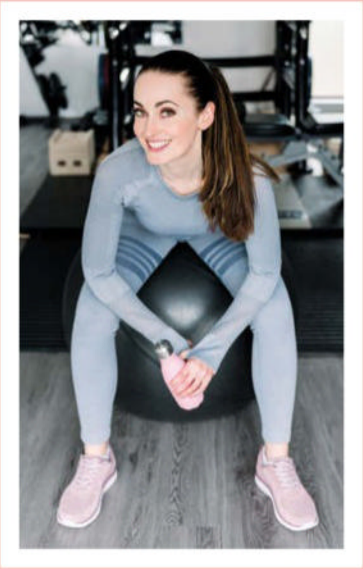
JANUARY 2

HEALTHY MONEY-SAVING MEALS

Quick, comforting one-pot vegan dishes on a budget!

Take time out for you, and take 'me-time' to a whole new level. Every issue is packed with the best nutrition, beauty, wellbeing and fitness tips to keep you feeling great all year! Subscribe and receive your first 6 months for £15!

SAVE £21*



Subscribing to *Top Santé* is a great way to keep abreast of the latest health news and advice, and is a thoughtful gift for a friend or relative, too. Every issue is packed with the best health, beauty, nutrition and fitness tips to keep you feeling great all year! Katy x **Editor**

GREAT REASONS TO BUY A SUBSCRIPTION:

- Pay just £15 for your first 6 issues
- Each issue delivered directly to your door for free
- Never miss an issue
- Receive our fantastic e-newsletter for free
- Save £21 on the yearly cover price

TOP HEALTH

TOP BEAUTY

TOP FITNESS

TOP NOURISHMENT

DON’T MISS OUT – ORDER TODAY!

ORDER ONLINE at SHOP.KELSEY.CO.UK/TS0123

CALL NOW ON 01959 543 747** Quote ref: TS0123

**Lines open Mon-Fri, 8.30am-5.30pm. Calls are charged at your standard network rate.

Terms & conditions: UK Direct Debit offer only. You will pay £15 for your first 6 issues. You will continue to pay £21.99 every 6 months. *Savings are based on the standard cover price of £4.50 for 1 year. Offer ends 31st March 2023. Your subscription will start with the next available issue, and you will receive 13 issues in a year. Prices correct at time of print and subject to change. For full terms and conditions visit shop.kelsey.co.uk/terms. **Data protection:** We take great care in handling your personal details and these will only ever be used as set out in our privacy policy which can be viewed at shop.kelsey.co.uk/privacy-policy. You may unsubscribe at any time.

ADVERTISING PROMOTION

Discover the benefits of a naturopathic diet

A naturopathic diet gives your body all it needs for health and longevity. The following advice, from the experts at the College of Naturopathic Medicine, will help you stay healthy and well.

WHAT TO CONSUME...

- Eat fresh, organic wholefoods that are in season and local.
- Eat a wide range of plant-based foods including vegetables, fruit, herbs and spices, whole grains, seeds, nuts and legumes.
- Only eat organic, grass-fed meat, poultry or game. Meat is highly acidic so limit your intake to once or twice per week. Ensure fish is wild caught, not farmed.
- Good fats are essential, especially omega-3 from wild-caught oily fish, flaxseeds and chia seeds. Omega-3 forms a vital part of cell membranes, and also supports brain function and mood, improves heart health and decreases inflammation.
- Drink sufficient filtered or spring water to regulate body temperature, transport nutrients, remove waste, nourish joints and cartilage, and provide fluid for the production of bile to support digestion.
- Fast regularly to allow your digestive tract to rest and replenish, and direct energy to other parts of the body to heal and repair. Fasting also promotes healthy weight management and helps prevents overeating.

CNM is the No. 1 training provider for natural therapies. Its courses teach the importance of a naturopathic diet encouraging the use of whole, organic, seasonal plant-based foods prepared and eaten in a way that ensures maximum nutrient absorption and optimal health.

IHCAN EDUCATION AWARDS 2022 WINNER

WHAT NOT TO EAT AND DRINK...

Junk food is devoid of nutrients and often contains GM ingredients, artificial colourings, sweeteners and additives.

- Damaged oils in margarine, fried fast food, commercial baked goods and refined or overheated promote inflammation and an increased risk of heart disease, cancer and other health issues.
- Table salt is highly refined and contains traces of toxic compounds. Opt for rock salt, sea salt or Himalayan salt.
- Processed cows' milk is difficult to digest and contains a chemical called insulin-like growth factor. Chose nut milks, oat milk and coconut milk.
- Soya, unless organic, is often GM and contains compounds that make it difficult to digest. Only eat fermented soy products such as tempeh.
- Coffee should be avoided or limited as the roasting process produces toxic compounds.

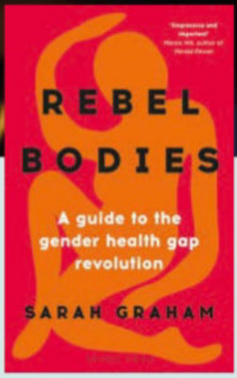
READ MORE

To read the full article, scan the QR code with your phone (in camera mode, hold it over the code box until a message pops up asking you to visit the CNM website).

GET HEALTHY FOR 2023!

Discover the health, fitness, beauty and nutrition trends set to influence you this year, plus find out how to send your energy levels soaring, beat emotional eating, stay trim with swimming and more in our healthy new you special section.

WORDS: ANGELA KENNEDY. IMAGES: SHUTTERSTOCK.


REBEL
BODIES
A guide to the gender health gap revolution
SARAH GRAHAM

WOMEN'S HEALTH MATTERS!

The gender healthcare gap is finally beginning to close. All too often women's health concerns are minimised, with severe pain from migraines or endometriosis dismissed as an over-reaction, or antidepressants prescribed instead of HRT. Women are often excluded from clinical trials, which means being prescribed drugs never proven safe for female bodies. But things are beginning to change. Women are no longer willing to be fobbed off and told to not make a fuss. Menopause is the standout success story so far, being slowly destigmatised through public debate, including in parliament. However, there's still a long way to go. *Rebel Bodies: A Guide To The Gender Health Gap Revolution*, by Sarah Graham (£16.99, Bloomsbury) exposes the disparities in healthcare and gives advice on how to tackle them. Track your menopause symptoms and menstrual changes with the Health & Her App (free, healthandher.com) to help build good habits with expert advice.

Squished
rescue strawberry energy balls
15

CLIMATE-POSITIVE FOOD CHOICES

Shockingly, Brits wasted more than 9.5 million tons of food last year, with the most frequent discarded produce being fresh vegetables and salad*. Countering this, a trend for climate-positive food is on the rise to make your plate as net-zero as possible and reduce waste.

This can simply mean eating locally produced food that is in season at home and in restaurants to reduce food miles. However, companies such as zero-waste brand **Squished** (from £3.49, wearesquished.com) is taking climate-positive food a step further by creating a range of jams, fruit-ball snacks and flapjacks made from surplus fruit rescued from British farms. True to its tagline of "no berry is left behind", Squished has rescued more than 25,000kg of fruit that would have otherwise gone to waste. 'There's a growing public awareness of the effect the food industry has on the environment. Customers are looking for products not only to be good for their health but to be good for the planet, too,' says Squished founder Paul McCulloch.

---

*HTTPS://WWW.MATERIALSRECOVERY.CO.UK/BLOG/FOOD-WASTE-IN-2022 AND HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC6381429/

Self soothing

According to new research by herbal medicine brand, Kalms, one-in-four women say their mental health and wellbeing has significantly worsened in the past 12 months. If anxiety and stress seem to be a daily occurrence for you, try self-soothing for a simple way to feel calmer and boost mental health.

It's about really simple practices you can use in moments of stress to quickly soothe away your anxiety, such as deep breathing. Try slowly breathing inwards to the count of three, then out to the same count – repeat this 10 times to trigger your nervous system's relaxation response. Or manage a surge of negative emotions by thinking about something you are grateful for. Gratitude boosts wellbeing hormones dopamine and serotonin, while reducing stress hormone, cortisol.

Another self-soother gaining popularity is therapeutic tapping of acupressure points combined with phrases to reduce emotional intensity, which research has shown increases mental wellbeing. Self-soothing techniques are easy and instantly make you feel a bit better. Find more inspiration at kalmfulness.com.

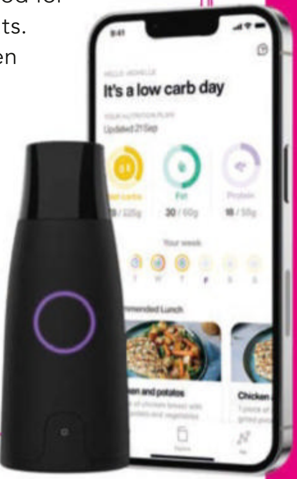
lixirskin
UNIVERSAL EMULSION
DAY MOISTURISER, NIGHT CREAM, SERUM BASE IN ONE
CRÈME DE JOUR ET DE NUIT, BASE POUR SERUM EN UN

Multitasking beauty

With the cost of living rising, everyone wants to save a penny or two on purchases without compromising on quality or results. An impossible goal? Not at all. Beauty brands are increasingly launching one-stop pots of highly effective, clean and ethical skincare using quality ingredients. So, you only need to buy a single tube for multiple beauty benefits. One such multitasker is **Lixirskin Universal Emulsion** (£29, lixirskin.co.uk), which leaves skin soft and dewy without shine and protects against pollution. It's for use on face, under-eye, lips, neck, chest, hands, elbows and arms. 'I believe a good formula does it all. You don't need an extra cream for the eyes and neck,' says Lixirskin founder, Dr Colette Haydon.

TRACKING METABOLISM FOR FITNESS

Optimise your exercise by measuring your metabolism to find out the best fuel for your body. Hand-held device **Lumen** (from £249, lumen.me) measures C02 levels in your breath to interpret your metabolism and determine the best source of food for your body that day – carbs or fats. Linked to your device, the Lumen app then provides personalised nutrition advice and daily guidance on the best type of exercise to benefit your body. It's based on the idea of metabolic flexibility, which means your body needs different food sources (carbs or fats) on different days to function optimally.



CURB YOUR *comfort eating*

Winter often goes hand in hand with emotional eating – using food to deal with stress or overwhelm. We take a look at some new ways to limit or avoid this behaviour so you can glide into 2023 feeling positive and in control of your food.

CURLING UP ON THE sofa with hot chocolate and bickies sounds like heaven, especially when it's cold and dark outside, but when comfort eating becomes a habit or a way of managing anxiety, you can find the pounds piling on.

'We tend to suffer from emotional eating when we feel stressed, bored, anxious or lonely,' says Saba Stone, qualified nutritionist and coach at SportSession.com (sportsession.com). 'Unfortunately, it involves eating sweet and fatty food that sabotages weight-management efforts. The soothing effect that comes from emotional eating is temporary and can lead to a sense of guilt and, subsequently, more emotional eating.'

Frustratingly, it's not just negative emotions that cause us to reach for the cake tin – feeling happy or excited can also give us the urge to eat. But why is this?

WORDS: EVE BOGGENPOEL. IMAGES: SHUTTERSTOCK.

'It's really to do with any kind of heightened emotion that is causing you to feel a little bit out of kilter,' explains Dr Meg Arroll, chartered psychologist and author of new book *Tiny Traumas: When you don't know what's wrong, but nothing feels quite right* (£16.99, Thorsons). 'Your body and mind is always trying to aim for a sense of homeostasis,' she adds. 'So, if there's a heightened emotion – whether it feels nice or not particularly nice – your brain is trying to realign you back to a sense of balance. And, of course, because you're often surrounded by food or images of food, you're always primed to eat.'

> 'Because you're often surrounded by food or images of food, you're always primed to eat.'

Want to learn how to beat comfort eating for good? Read on to see what the experts have to say about taking care of your emotions, so you no longer turn to food for emotional nourishment…

☑ DISTRACT YOURSELF

Food cravings only last a few moments, so using distraction techniques can be an effective way to manage them when the urge to eat strikes. 'You can distract yourself cognitively by trying to read a paragraph back to front out loud or doing some mental arithmetic,' says Dr Arroll. 'Or try using temperature. Grasping something cold will quickly nudge you out of that craving state.'

In fact, anything that takes your attention away from thoughts of food is a good short-term strategy to use in the moment. Research shows even just tapping your forehead with your index finger for 30 seconds significantly reduces cravings.

☑ AVOID TEMPTATION

It's hard to resist snacks and treats when your kitchen is full of delicious things, but rather than cutting them out completely, Saba suggests looking for healthier alternatives. 'When you shop for a "cheat day", buy low-sugar/sugar-free chocolate instead of the regular kind, or popcorn instead of crisps. And buy just enough for that cheat day, no more. Ideally, shop the night before or on the day and, most importantly, don't go food shopping when you are hungry or until you get your emotions under control.' Try keeping snacks out of sight, too, as you'll often reach for food mindlessly just because you've seen it, according to research.

☑ EAT HAPPY

Getting to know the effect different foods can have on your overall wellbeing will help you make wiser choices. 'Foods that are rich in tryptophan may help boost your mood as part of a balanced and healthy diet,' says Saba. 'The essential amino acid plays a major role in the production of happy hormone serotonin, which is associated with a positive mood and good

cognitive health.' Make sure you have plenty of salmon, canned tuna, lean poultry, eggs, oats, dark chocolate, nuts, seeds, bananas and legumes in your diet, she suggests.

USE YOUR NOSE

Want a quick way to satisfy your food cravings without actually indulging? Try smelling that biscuit instead of eating it! Yes, really. In a study in the *Journal of Marketing Research*, scientists carried out tests using hidden nebulisers that gave off the scents of healthy and unhealthy foods, and monitored the effects on participants' food choices. The result? Breathe in the scent of a cookie for 30 seconds and you'll likely take a big bite out of it, but sniff it for two minutes and you'll choose a healthy option, such as fruit. The reason for this is the brain doesn't realise the difference in the source of sensory pleasure, according to the researchers.

BE MORE MINDFUL

Keep a journal for a couple of weeks and note down the foods you ate, along with your feelings before and after eating. Notice whether any recurring patterns or trigger points – filling up on starchy carbs when stressed, for example, or snacking on sweet things mid-afternoon. Then, practise becoming aware of the sensations in your body when you feel like eating but aren't physically hungry. Tune in to the emotions behind them and address them head on rather than with food. To help counter the urge to eat, mindful abdominal breathing – inhaling for a count of four and out for six to eight – will calm your nervous system and give you the space to consciously choose what you do next.

REFRAME YOUR THOUGHTS

Often the way we think about a situation can determine not only how we feel about it but its potential outcome. However, expanding your perspective with a technique known as cognitive reframing can help you achieve the results you want. Instead of overgeneralising (e.g. "everyone comfort eats") or catastrophising ("I'll never be able to change"), reframe your thoughts to incorporate positive aspects of your situation. For example, "I have a good support system to help me create the changes I need" or "I thrive on new challenges and always feel better when I take care of myself".

EXPRESS YOUR EMOTIONS

The key to long-term sustainable strategies for developing a healthier relationship with food is to become more aware of your emotional experience rather than trying to avoid your feelings. 'Really sit with some of your emotions, exploring where they've come from and what's triggering them,' advises Dr Arroll.

Perhaps you're feeling overwhelmed by family or work demands. Maybe you're neglecting the things that are important to you. Reflecting on what's going on for you can allow you to express your emotions and move on.

REDUCE YOUR STRESS LEVELS

Another way to manage comfort eating is to learn to self-soothe. 'Build a self-care toolkit of things that make you feel good, such as going for a walk, having a hot bath, listening to music or using calming essential oils,' suggests Dr Emily Leeming, senior nutrition scientist at the nutrition-science study, Zoe (joinzoe.com).

You will need to address the root causes of your anxieties too. 'It might be tackling bigger problems that are stressing you, such as filing your tax return or resolving relationship issues,' she adds.

You could also self-soothe with Emotional Freedom Technique, aka tapping, which can help reduce stress in the moment by you tapping on acupressure points around your face and shoulders. Search for tapping or EFT on YouTube, or sign up to health coach and EFT practitioner Suzy Glaskie's free Wellness Unwrapped app for a free Five Days to Calm mini course on calming mind and body. Also visit peppermintwellness.com.

'Build a self-care toolkit of things that make you feel good, such as going for a walk, having a hot bath or using calming essential oils.'

A CHANCE TO GET A £100 VOUCHER!

We'd love to hear from you! Entrants to our reader survey have the chance to win one of three John Lewis vouchers worth £100! Simply visit **www.smartsurvey.co.uk/s/tsante22** to take part.

We're always looking to improve *Top Santé* and we'd like your help! By heading to our website **(see box opposite)** you can fill in a short questionnaire to help us do that. We want to know more about you, your exercise and wellness habits, what you like to eat, your beauty routine and more.

All survey participants can choose to be entered into the prize draw for the chance to win one of three John Lewis gift vouchers worth £100!

The closing date of the survey is March 1, 2023. Thank you!

Katy

Editorial director

18 page special
FEEL CALM AND RELAXED TODAY
Simple Self-Care Rituals
Stress-Busting Tips
Wellbeing Buys
TRAVEL EDITION
TOP Santé
GOOD HEALTH STARTS HERE
SLEEP BETTER TONIGHT!
A novel new solution for peaceful sleep
SHIRLEY BALLAS
'I struggle with taking time off!'
24 ways to STAY WELL THIS WINTER
Easy lifestyle tweaks to be healthy & happy!
5 EASY IDEAS FOR KEEPING FIT THIS CHRISTMAS
THE NEW WAY TO BEAT ANXIETY
WEIGHT LOSS MADE EASY
Spices that help trim your waist
EXPERT ADVICE
Make-up tips for menopausal skin
DELICIOUS FESTIVE DINING
New recipes for your best-ever roast dinner!
22 page special
EAT WELL FOR A HEALTHY
Delicious recipes to stay feeling good inside & out!
12 page special
HEALTHY WINTER
Comforting
Nutrient-packed
Easy to make!

Chance to receive one of three John Lewis gift vouchers worth £100! Go to **smartsurvey.co.uk/s/tsante22** and take part today! Or scan the QR code here!

GET NOURISHED!

Feel your best yet with personalised vitamins!

NOURISHED
Vitamins.
Personalised.
3D Printed.

NOURISHED HAS developed patented 3D printing technology to create the world's first truly personalised super-nutrient gummy. Consumers can complete a short questionnaire at get-nourished.com, where a science backed algorithm makes a recommendation of seven vitamins, superfoods and nutrients best suited to the user's lifestyle and goals.

This selection is then 3D printed using a vegan gummy encapsulation formula and made on demand to ensure optimum efficacy. The bespoke blend of high-impact active ingredients is packaged in 100 per cent plastic-free packaging and dispatched directly to your door with less waste, hassle and cost than purchasing all the vitamins separately.

Keeping our physical and mental wellbeing intact can feel like an impossible task. We're constantly trying to offset the impact of our hectic modern lifestyles, especially after the festive period. The effects of stress, alcohol consumption, lack of sleep and poor diet can all take a toll. The good news is that the award-winning nutrient gummies from Nourished can help to kickstart your health and wellness for 2023 in a convenient, sustainable, enjoyable, and personalised way.

The extensive range of scientifically backed ingredients available at Nourished have been carefully chosen for their vast variety of health benefits. Ingredients such as the vegan source of vitamin D, LactoSpore probiotic and apple cider vinegar have a body of research behind them highlighting their potential health benefits, including natural detoxification, boosting immunity levels, and supporting gut health.

You can choose any seven active ingredients, from a selection of 40, which can support your body and mind whilst travelling; whether your goal is to unwind and get some zen or enhance your energy levels and concentration. All seven active ingredients are 3D printed into a delicious and sugar free gummy stack, and each stack is individually wrapped in a plastic free wrapper for convenience and preservability.

Nourished is disrupting the health and wellness industry with truly customised nutrition and is passionate about providing impactful and tailor-made solutions to everyone.

Visit get-nourished.com to find out more!

FEEL MORE ENERGISED... *without coffee!*

Move over coffee! It's time to get off the stimulate-then-slump rollercoaster and switch to gentler ways to increase your physical and mental energy during these colder months.

DO YOU USE COFFEE to wake you up each day and get you going? That's no surprise because it's the most popular drink worldwide, after water. More than 400 billion cups are glugged down each year, with a whopping £4bn spent in high-street coffee shops in the UK. Brits drink about two cups of coffee per day. But although caffeine can give you an instant jolt of energy, it comes at a biological price.

Caffeine improves alertness and concentration as it acts as an adenosine receptor antagonist, which means it stops you feeling tired. Adenosine is a substance in your body that promotes sleepiness, and the caffeine blocks this receptor. So, you don't feel sleepy. However, the negative effects of caffeine can be considerable. 'It stimulates your adrenal glands to work harder and release more stress hormones, such as adrenaline,' says nutritionist and psychologist Dr Naomi Newman-Beinart. 'For anyone already in a stressed sate, this simply adds to the long-term negative effects of stress on the body and exhausts adrenal glands. This over-stimulation can also interfere with sleep,' she adds.

The exact effects on you are down to your individual body chemistry and your tolerance to caffeine. 'Several sources suggest 400mg of caffeine per day (about four cups of coffee) is safe for most healthy adults. However, this varies, and many people drink much more than this without any issues,' says Dr Newman-Beinart.

It's also been found that coffee can increase inflammatory markers in your body, which are present in many chronic degenerative diseases. Plus, caffeine can unbalance hormones, including sex hormones such as testosterone, so caffeine could aggravate symptoms of PMS or perimenopause and menopause. 'Caffeine can affect your hormones – the chemical substances that control and regulate various bodily functions. It can influence hormonal balance by causing more or less of a hormone to be secreted. It may also disrupt your body's natural levels of insulin, leading to insulin sensitivity and impairing glucose metabolism,' says Dr Newman-Beinhart.

Caffeine can also be a problem for those with IBS or a sensitive stomach. 'It's a stimulant which increases gut motility, sometimes causing loose stools, diarrhoea and dehydration,' she says. So, what can the coffee addicts do? Swap your shot of espresso for a natural and gentler wake-up with our suggestions.

'Coffee may disrupt your body's natural levels of insulin, leading to insulin sensitivity.'

CORDYCEPS

A great alternative to caffeine is cordyceps. Known as the energy mushroom, it has more than 2,000 scientific articles written about its positive effects on many bodily systems, including kidneys, liver, urinary and immune systems, as well as being a big energy booster. Cordyceps has been found to increase the use of oxygen in your body, which not only boosts performance during exercise but helps you recover better afterwards, reducing recovery time and speeding up the removal of lactic acid. There are numerous cordyceps coffee alternatives, and some that are a blend of both to help you wean off the strong stuff. Try **London Nootropics MOJO Coffee** (£15 for 12 sachets, londonnootropics.com), which is made with cordyceps and Siberian ginseng for enhanced endurance and vitality.

MATCHA TEA

Another plant energy powerhouse is matcha green tea, which has beneficial effects on energy levels and clarity. Matcha tea does not contain as much caffeine as black tea or, of course, coffee, so it won't leave you feeling wired and jittery. 'Matcha is a bright emerald green tea, containing healing chlorophyll as well as L-theanine, amino acids and polyphenols. L-theanine nourishes neurotransmitters in the brain and works synergistically with the low levels of caffeine in matcha, helping you to feel calm but alert,' says herbalist Sebastian Pole, co-founder of Pukka Herbs and herbalreality.com.

WORDS: ALISON HARDINGE. IMAGES: SHUTTERSTOCK.
*HTTPS://WWW.HEALTH.HARVARD.EDU/BLOG/VITAMIN-B12-DEFICIENCY-CAN-BE-SNEAKY-HARMFUL-201301105780

BEE POLLEN

One of nature's bounties when it comes to boosting energy is bee pollen. 'If you're feeling run down and tired, bee pollen is great as it has a wide range of health-enhancing plant metabolites, known for yielding energy,' says nutritionist Susan Alexander (susanalexandernaturopathy.com). 'Bee pollen is the only substance known to contain the full spectrum of vitamins, minerals and amino acids, as well as all three major nutrients (carbohydrates, protein and fat), plus vitamins B1, B2 and B6, which all help your body turn food into energy,' she says.

B12

Vitamin B12 helps reduce tiredness and fatigue, while boosting energy metabolism and healthy brain function. It comes primarily from eating eggs, meat and dairy, so vegans may need to take a supplement to get the recommended 2.4mcg-2.8mcg daily dose for optimal energy levels.

As you get older, your body's ability to absorb vitamin B12 declines.A report* found that up to 20 per cent of adults aged over 50 may have low levels of vitamin B12. People with coeliac or Crohn's disease may also need to supplement, as these conditions hamper B12 absorption.

IRON

Iron is important for a strong immune system as well as good brain function and for warding off tiredness and fatigue. It's mainly found in red meat, but you can take supplements, too. However, iron tablets and capsules may cause digestive issues as iron is an irritant to the GI tract. Some people may also not absorb iron well through the gut. **BetterYou Iron 10 Oral Spray** (see page 49) is formulated to deliver the nutrient directly into your bloodstream as it bypasses the. The tiny droplets absorb quickly into the buccal membrane of your inner cheek, providing fast, effective nutrient uptake.

WHERE TO FIND THEM…

link
NUTRITION
MUSHROOM PLUS
CORDYCEPS, LION'S MANE, REISHI & CHA
MUSHROOMS (30% POLYSACCHARIDES) W
TURMERIC EXTRACT (95% CURCUMINOID
60 CAPSULES
FOOD SUPPLEMENT

CORDYCEPS Link Nutrition Mushroom Plus (£18.95 for 60, linknutrition.com) contains a high concentration of cordyceps.

COR BLIMEY! Cordyceps helps you use oxygen more efficiently, improving blood flow and overall energy levels. The mushroom has been shown to increase both exercise endurance and performance.

BEE POLLEN Unbeelievable Health Bee Energised, Energy & Focus (£11.99 for 20 capsules, unbeelievablehealth.co.uk) helps you maintain a steady stream of energy, stamina, concentration, and mental alertness thanks to organic bee pollen, organic matcha tea, organic spirulina, ginseng and organic green tea leaf, as well as vitamin B6 and B12.

Unbeelievable health
NATURAL HEALTH FROM HIVES, FIELDS & FORESTS
bee energised
ENERGY & FOCUS
for fatigue, fogginess & when run down
with organic bee pollen, rose hips, matcha green tea, spirulina, ginseng, B Vitamins and more
20 Capsules
food supplement
research based formulas created by nutritional experts

IRON BetterYou Iron 10 Oral Spray (£9.95 for 25ml, betteryou.com) contains 10mg of iron per dose and has been formulated to deliver iron directly into your bloodstream so bypassing the gut. This makes it good for those who experience digestive discomfort from some iron tablets, capsules or liquids.

BetterYou
Iron
Daily Oral Spray
5mg per daily serving
Pill free

> Vitamin B6 and B12 are known for their energy yielding properties, with B12 also essential for brain function.

BetterYou
Boost
Vitamin B12
Daily Oral Spray
1200µg methylcobalamin per daily serving
A convenient way to maintain vitamin B12 levels, for the support of energy production
Pill free
25ml
Natural apricot flavour

B12 BetterYou Boost B12 Oral Spray 1,200µg (£11.95 for 25ml, betteryou.com) is a daily spray containing B12 to help reduce tiredness and fatigue, plus chromium and a touch of green tea extract. It's ideal for those with an active lifestyle.

Dr Naomi Newman-Beinart is an experienced nutritionist (BSc) and chartered psychologist (CPsychol) with post-graduate qualifications (MSc and PhD) in health psychology. She has worked in research, and in the hospital and healthcare industries.

Weed & Wonderful
PURE SEAWEED
organic herbal supplement
pukka
mind focus
with natural iodine, for mental concentration
with turmeric, brahmi & rosemary
60 Capsules
food supplement

IODINE Pukka Herbs Mind Focus (£24.99 for 60 capsules, pukkaherbs.com) blends turmeric, brahmi and rosemary to support a healthy nervous system, clear brain fog and promote more focus and mental energy. It also contains iodine. Also find it in Doctor Seaweed Weed & Wonderful Organic Scottish Seaweed (£12.95 for 30-day supply, doctorseaweed.com), a natural plant-based source of iodine to support thyroid health and brain function as well as energy metabolism and healthy skin.

BEAT THE BLOAT!

Keep your gut happy and harmonious – and much less gassy! – with our expert advice.

☑ EAT AND DRINK SEPARATELY

Putting a pint of fluid, even simple water, into your stomach along with a meal dilutes your digestive enzymes, making the digestion process less efficient. It also swells the volume in your stomach, increasing pressure on the oesophageal sphincter. 'Leave at least half an hour between drink and food, and you'll be pleasantly surprised at how much more comfortable your stomach feels during and after your meal,' says Alison Cullen, nutritional therapist for A.Vogel (avogel.co.uk).

☑ SIT UP TALL

Posture is very important for digestion – your stomach is tucked up under your ribcage, along with your heart, lungs and a large part of your liver. 'If you slump when eating your meal, it makes it difficult for your stomach walls to move and mix food with digestive enzymes,' says Alison. 'Also, slumping makes it more likely that food will be propelled back up to press on your oesophageal sphincter, promoting reflux,' she adds.

So, remember, don't sit slumped during or after eating: lift your head, keep your shoulders back and elongate your spine.

☑ CHEW PLENTIFULLY!

The production of digestive enzymes in your stomach is activated

> 'If you slump when eating, it makes it difficult for stomach walls to mix food with digestive enzymes.'

WORDS: ALISON HARDINGE. IMAGES: SHUTTERSTOCK.

by chewing, meaning your food is broken down more effectively and satiety signals are triggered. Chewing also makes it more likely that you will absorb the nutrients in your food more effectively, thus reducing cravings for commonly lacking nutrients, such as iron and magnesium, both of which are found in chocolate! 'Of all the things I do in my clinic, getting people to chew has some of the most dramatic effects on reducing cravings and overeating,' says Alison. 'I always try to chew a piece of food for as long as possible, maybe 30 times, but I realise this isn't always realistic. Aim for 20 chews per mouthful, if you can.'

☑ AVOID RAW FOODS

The Chinese believe the catalyst for digestive success is heat and warmth, so they advocate warm, cooked foods, as opposed to raw salads. 'Raw food is harder for some people to break down, even though it's often touted as being super healthy,' says Alison. 'Swap salads for warm, cooked food, such as thick veggie soup, and see whether your silhouette flattens out.'

You don't have to give up salad forever, but try substituting some raw ingredients for cooked ones, especially over winter, and also if it helps you feel less bloated.

TIP Eat any raw fruit on an empty stomach, as it digests faster than protein and fats. 'If you eat fruit at the end of a meal, it can sit on top of the previous course and ferment in your stomach, leading to excess gas,' says Alison. 'Eat your fruit for breakfast on an empty stomach or at 3pm when lunch is long gone, to experience more digestive harmony.'

☑ GO FOR BITTER FOODS

This may be the only time you're told to be bitter! But turns out, our typical Western diet is often lacking in bitter foods. 'Bitterness is excellent for digestion, especially if you include it at the start of a meal, as it leads to better energy from the improved extraction of nutrients,' says Alison.

Bitter food sources include rocket, green peppers and artichokes.

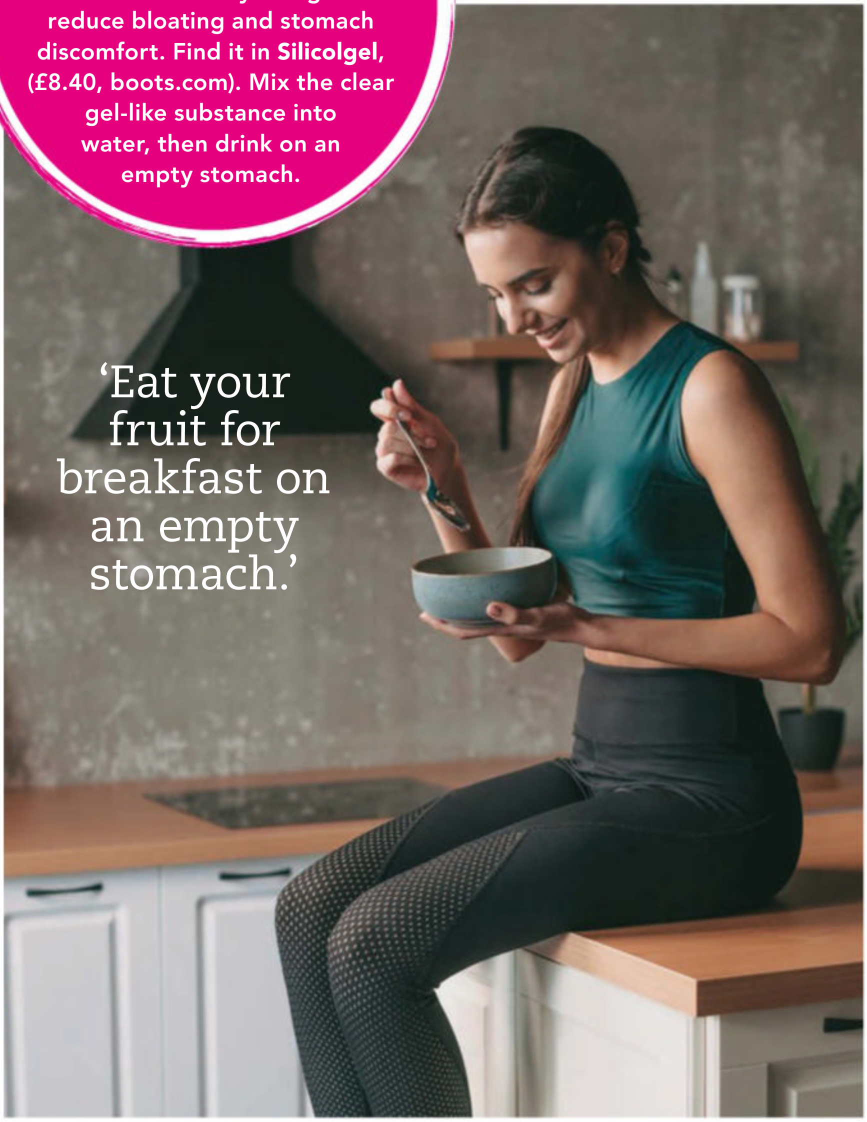
You might also want to try a herbal bitter preparation, which contains numerous bitter extracts. 'Centaury, yarrow or artichoke, taken before meals, trigger the proper production of digestive enzymes. This ensures you break down your food efficiently and also helps tone the sphincter at the top of your stomach to prevent reflux,' says Alison.

TRY IT A.Vogel Centaurium Fresh Extract (£10.85, avogel.co.uk) and A.Vogel Digestisan Oral Drops (£10.85).

Feeling gassy?!

You may think heartburn is due to too much stomach acid, but it's usually the result of not enough! Traditional antacids and PPI medications (which treat ulcers) reduce your own natural stomach acid, making it harder for your stomach to do its job.

Research has shown that silicic acid can be effective in improving the symptoms of indigestion. Taken daily, it can lessen excess acidity and gases to reduce bloating and stomach discomfort. Find it in Silicolgel, (£8.40, boots.com). Mix the clear gel-like substance into water, then drink on an empty stomach.



'Eat your fruit for breakfast on an empty stomach.'

Swim to STAY TRIM!

Why not start the new year with a dip in the sea? Dr Susanna Søberg, author of *Wild Swimming*, shares why winter swimming can help you lose weight and improve your metabolism by activating your brown fat.

WE’RE BORN with brown fat and newborns have, relatively speaking, quite a bit of brown fat between the shoulder blades.

Until 15 or 20 years ago, brown fat was thought to be insignificant in adults. It was also believed that the tissue disappeared as a person got older, until the 1970s when it was discovered during PET/CT scanning of adults. The largest deposits detected were around the neck (collarbone) and along the spine, while smaller deposits were noticed around the heart and kidneys.

The amount of brown fat in adults is difficult to determine, but it is estimated to be 200-1,500 grams (7-53 ounces), while some adults have none left or never had any in the first place. Studies have shown that brown fat decreases with age, and we need to activate it to keep it.

Most healthy, normal-weight adults under the age of 40 still have deposits of brown fat, but after the age of 40, many functions in the body change noticeably – first and foremost our

WORDS: DR SUSANNA SØBERG. IMAGES: MACLEHOSE PRESS.

Not brown, not white but beige!

Research from the past decade has shown that cells in white adipose [fat] tissue can be transformed into something similar to brown fat when exposed to cold environments, and in this way can attain properties like those of brown adipose tissue. The new cells are called “beige”, and the process called “browning”. From experiments, we know that beige fat cells can burn faster than their neighbouring white fat cells. Browning can thus reduce obesity and the risk of diabetes, and scientists are looking at ways to increase browning in our bodies.

ability to burn energy diminishes. Many people notice that the usual run isn't enough to keep off the weight. We may have less time to invest in exercise and our health.

Research has shown that people with diabetes and obesity are most likely not to have much brown fat left – and many have none. It is also possible that the disappearance of brown fat is a reason for weight gain and a slowing metabolism. This is probably a chicken-and-egg situation.

But every rule has exceptions. I have noted in my own experiments that some adults over 40 do have brown fat, including those who are both overweight and have diabetes. We don't know the reasons for this, or how it develops differently.

Theories, however, point to contexts such as genetics, lifestyle and environment. If you spend a lot of time outdoors in cold temperatures, in changing weather conditions or you live in a cold country, then you probably have a higher chance of retaining brown fat through adulthood. Consistent activation of brown fat is probably needed to maintain it.

IMPROVING YOUR INSULIN SENSITIVITY

There have been several studies on rodents and humans that have provided evidence that the cold activates brown fat and creates more of the tissue, increases energy metabolism and improves insulin sensitivity and blood-sugar balance.

In one study of middle-aged women who swam in cold water for an entire season, an increased sensitivity to insulin was found, which could mean that cold water has long-term effects on balancing blood sugar. The study did not determine whether the improvements were related to brown fat, but in their report the researchers raised the question of whether brown fat may be the cause.

Another study examined the effect of continuous cold room temperatures on brown-fat activity and the amount of brown fat, to explore whether people develop more brown fat by sleeping in cool rooms. After four months, it was determined that sleeping in a colder room of 19°C (66°F) led to an increase in brown fat in participants, while sleeping in a room at 27°C (80°F) led to the almost disappearance of brown fat. The study thus confirms that persistent exposure to cold can help to create greater quantities of brown fat and improve insulin sensitivity.

There was also a study of subjects with diabetes or obesity equipped with cooling vests at a temperature of 14-15°C (59-60°F), which they wore for 10 days. A before-and-after FDG-PET/CT scan revealed that they all showed an increase in their brown fat. They also had improved cellular insulin sensitivity.

In a further study, subjects each sat by an open window for half an hour for 20 consecutive days; they too showed an increase in brown fat. Each of these studies used different cooling methods, but all show an improvement in insulin sensitivity, which can potentially regulate blood-sugar balance. It is not known, however, to what extent the improvements are due to muscle versus brown-fat activity.

YOUR IN-BUILT "CALORIE EATER"

First, brown fat burns sugar and fat from the bloodstream, which will then release lipids from white fat ▶

> 'In one study of middle-aged women who swam in cold water for an entire season, an increased sensitivity to insulin was found.'

stores and sugar from liver and muscle stores. Unlike white fat, brown fat is activated incredibly quickly when exposed to the cold and burns energy straightaway. Studies have found that if you put a hand or a foot in a bucket of iced water, you'll activate brown fat in seconds or minutes, and this is detectable on PET/CT scans. This is not the case with white fat, unfortunately.

It is exciting that we are able to influence the amount of brown fat we store in our bodies, and thereby affect our health. Think about it as having an internal wood-burning stove that burns energy even when you're not running or exercising – and even when you're not cold. Brown fat is an extra "calorie eater" that contributes to the bottom line when it comes to energy expenditure.

REASONS TO SWIM

If you can generate more brown fat from sleeping in the cold or wearing cooling vests, it's conceivable that regular winter swimming would increase the amount of this tissue in your body to an even greater extent. This could be attributable to both behavioural and physiological things:

1 **The direct positive effect of cold water, which stimulates a cascade of neurotransmitters and hormones, motivating people to swim again and again for the pure thrill of it.**

2 **It gets people moving and out into the cold, which activates the sympathetic nervous system. When you immerse yourself in cold water, noradrenalin rises dramatically. The level drops quickly when you get out of the water. Studies have shown that the sudden and intense cooling of the skin accounts for the dramatic increase in noradrenalin, which activates the brown fat.**

We still know too little about how much brown fat humans have and how many calories are burned during cooling, even after a brief plunge in the water. It would be interesting to measure the long-term effects of winter swimming on brown fat for a full season, and, in fact, this is the subject of my PhD studies.

WINTER SWIMMING

Find out more about this topic in the fascinating new book *Winter Swimming: The Nordic Way Towards a Healthier and Happier Life*, by Dr Susanna Søberg (£22, MacLehose Press), out now.

From dawn until dusk we all want to feel our best and it's never been easier than with **Wassen's NEW** range of three powdered nutrients to mineralise your water. Simply add the powder to your tap water, then shake and GO!

Wassen
ENERGY+ COGNITION
mineralise your water
Wassen
HYDRATE+ REPLENISH
mineralise your water
Wassen
RELAX+ UNWIND
mineralise your water

MINERALISE YOUR WATER!

DRINKING AT LEAST TWO[1] litres of water every day supports both cognitive and physical wellbeing and of course it's never more important to drink water than when exercising. But not only is sweat releasing water from your body, it's also releasing essential mineral salts, which should be replaced once your session is done. That's where powdered minerals can help...

1 HYDRATE + REPLENISH

Wake up and hit the ground running with Hydrate + Replenish (£11.99 for 14 sachets). The refreshing formulation of spirulina and green tea extract, which contains 100 per cent of your recommended daily intake of vitamin D. With its tangy green apple flavour, this is perfect for topping up your nutrition and hydration to perform at the start of the day.

2 ENERGY + COGNITION

When the mid-afternoon lull strikes, charge your water with the Energy + Cognition (£11.99 for 14 sachets) orange-flavoured powder containing magnesium[2], which helps reduce tiredness as well as supporting normal electrolyte balance. It also contains zinc and iodine to support cognitive function[3], chromium for normal blood sugar level control[4], plus green tea extract and maca powder.

3 RELAX + UNWIND

At the end of the day, kick back and chillax with the perfect complement to your bedtime routine. Relax + Unwind (£11.99 for 14 sachets) helps support your nervous system with iodine and copper[5], psychological function with magnesium, and provides relaxation with the addition of lemon balm[6]. The powder is black cherry flavour with a hint of chamomile and lemon balm.

---

1. FROM ALL SOURCES. 2.MAGNESIUM CONTRIBUTES TO THE REDUCTION OF TIREDNESS AND FATIGUE NORMAL PSYCHOLOGICAL FUNCTION, MUSCLE FUNCTION AND ELECTROLYTE BALANCE 3. ZINC AND IODINE HELP SUPPORT NORMAL COGNITIVE FUNCTION 4. CHROMIUM CONTRIBUTES TO NORMAL BLOOD GLUCOSE (SUGAR) LEVELS. 5. IODINE AND COPPER CONTRIBUTE TO THE NORMAL FUNCTION OF THE NERVOUS SYSTEM. 6. LEMON BALM TO SUPPORT OPTIMAL RELAXATION. NOTE: FOOD SUPPLEMENTS SHOULD NOT BE USED AS A SUBSTITUTE FOR A BALANCED DIET OR HEALTHY LIFESTYLE.

3 for 2 at Boots

In store | boots.com | App

Boots

With you. For life.

Cheapest Free. Subject to availability. Available at larger Boots stores. Food supplements are intended to supplement the diet and should not be used as a substitute for a balanced diet and a healthy lifestyle.

SUBSCRIBE AND **SAVE £22**

MAKE TIME FOR YOU

BE YOUR PERSONAL BEST IN 2023

KRISSY CELA'S 15-MINUTE WORKOUT TO CARVE YOUR CORE
Women's Fitness
GET FIT FOR LIFE
GET FIT IN 28 DAYS!
Your 4-week exercise plan
IMMUNE BOOSTING YOGA
Jillian Michaels
How to have your best year ever
LEAN LEGS NOW
NEW YEAR NEW GEAR
REFLECTIVE CLOTHING
SPORTS EARBUDS
GYM BAG BEAUTY
+YOUR BEGINNER'S GYM GUIDE
GO VEGAN AND GET STRONGER

SAVE £22*

RECEIVE 6 ISSUES FOR ONLY £15

IN EVERY ISSUE

WORKOUTS
FITNESS
NUTRITION
WELLBEING

GREAT REASONS TO SUBSCRIBE

Get fit for life + Just £15 for your first 6 months + Save £22 in your first year*
Free UK delivery directly to your door + Never miss an issue

VISIT SHOP.KELSEY.CO.UK/NY23HWF

OR CALL 01959 543747 and quote code NY23HWF

SCAN HERE

HOTLINE OPEN: MONDAY-FRIDAY, 8.30AM-5.30PM. CALLS ARE CHARGED AT YOUR STANDARD NETWORK RATE

UK Direct Debit offer only. You will pay £15 for your first 6 issues. Your subscription will continue at a rate of £21.99 every 6 months. *Discounts are calculated on full cover price for 1 year. Offer ends 31st March 2023. Your subscription will start with the next available issue. Prices correct at time of print and subject to change. Lines open Mon-Fri 8.30am-5.30pm. Calls charged at your standard network rate. For full terms and conditions visit shop.kelsey.co.uk/terms. Data protection: We take great care in handling your personal details and these will only ever be used as set out in our privacy policy which can be viewed at shop.kelsey.co.uk/privacy-policy. You may unsubscribe at any time.

TOP FITNESS

Wrap up warm and stay safe with our pick of the latest cold-weather workout essentials.

MIND THE HAT

Did you know that nearly half of Brits experience mental health challenges every week? That's according to new research by GO Outdoors, which reveals over two thirds of us say that spending time outside contributes to better wellbeing. That's why GO Outdoors alongside its panel of brand ambassadors – David Seaman, Helen Skelton, Julia Bradbury (pictured) and Sean Fletcher – has released a range of hats in collaboration with Mind, with all proceeds going to the charity.

Simply purchase a **Mind Hat** (£10 from GO Outdoors, Blacks or Millets), get out in nature and tag #HatsOnForMind. 'I think it's so important to take time out of our busy lives and get outdoors whenever possible,' says Julia. 'Throughout my life I've used walking as a calming tool and an opportunity to think and to get exercise. I try and get outside as often as I can.'

WORDS: SARAH SELLENS.

SAFER HEADPHONES FOR OUTDOOR EXERCISE

Add sounds to your run without compromising on safety with the new **Shokz OpenRunPro Mini Bone Conduction Headphones** (£159.95, uk.shokz,com). Unlike over-ear headphones, Shokz generate mini vibrations that travel through the cheekbones and directly to the eardrums. This means that surrounding noise such as traffic and other exercisers can be heard as normal, all while you get to enjoy your music. The OpenRunPro is the brand's leading model but, with a new 21mm shorter band, the Mini version is perfect for those who need a snug fit.

LOUNGING IN STYLE

Want comfy kit that gets better with wear? The new Flo & Sang Brights collection (from £30, floandsang.com) is unisex styling at its cosiest. Designed, handwashed and dyed in the UK, the loungewear is made to stay at its best, no matter how many times you binge-watch Netflix while wearing it. Choose from shorts, joggers, hoodies and sweats, in a variety of bright colours, including Electric Blue, Hot Pink and Orange Burst – sure to brighten up even the dreariest of winter days.

GETTING FIT INDOORS

Rowing is hands down one of the most effective full-body workouts, targeting 86 per cent of the body's muscles in a single stroke. But if you're not sure where to start, head over to the UK's leading fitness platform, Fiit, to try the new connected row workouts (Fiit membership costs from £7.99 per month, fiit.tv). With the use of the Fiit app, the workouts can be completed on any indoor rowing machine, but for a fully interactive experience, try a **Concept2 RowErg** (£990, concept2.co.uk). Choose from a mix of 10, 25 and 40-minute workouts in the brand's Sprint, Metcon and Endure class structure, or try Row Academy, a two-week technique crash course.

Wrapping up for winter

Whether you wear one for on-the-beach changing or to stay snug while watching the kids play football, the towel-slash-coat changing robe is fast becoming an all-weather wardrobe fix. That's why we love the British brand **D-Robe Outdoors** range of unisex robes for adults and kids (from £179 for adults, d-robeoutdoors.com). Sustainably made using a recycled polyester fleece inner and recycled nylon outer shell, with plenty of pockets, this robe is destined to be your winter staple.

ONE TO WATCH

Fitness meets eco-friendly functionality with the new **Suunto 9 Peak Pro GPS Multisport Watch** (from £419, suunto.com). It's the first Suunto to have its carbon footprint calculated and verified. Expect rugged durability, daily activity tracking including heart rate, sleep, calories, stress and more, a barometric sensor, 97 sports modes, waterproof to 100m, plus super-fast charging.

BE SEEN IN THE DARK

If you exercise after dark, it's important to wear kit you'll be seen in. But it's not just about wearing fluoro yellow – you also need reflective clothing that allows lights from vehicles to bounce off the material. Featuring muscle support and a non-slip waistband, the new **CEP Reflective Tights** (£99.95, cepsports.co.uk) boast a smart reflective print that ensures wearers stay seen. Matching tops are also available.

Weights *vs* Cardio

Are you a cardio queen? Or a lady that lifts? Whether you prefer doing cardio or lifting weights, there are benefits from both.

WORDS: KATY SUNNASSEE. IMAGES: SHUTTERSTOCK.

CARDIO, SHORT FOR cardiovascular, training is where you're predominantly using your own bodyweight and doing something repetitive, such as running, dancing or swimming, which gets your heart pumping. 'Any type of exercise or fitness class where you're moving, breathing hard and your heart rate increases, is almost certainly a cardio classic,' says Tony Goldingay from fitness company Sweatband (sweatband.com). 'Aerobic exercise relies almost exclusively on oxygen to power you, and it can be sustained over a longish period of time,' he adds.

The opposite of aerobic exercise is anaerobic, where you do short, sharp movements such as weights or a sprint for 10 seconds. 'Weight training is an anaerobic form of exercise, relying heavily on glucose and requiring less oxygen than its cardiovascular counterpart – but it uses a heck of a lot more energy in a shorter window,' says Tony. 'Any type of exercise where you are lifting, moving or shifting something that is weighted with resistance counts as weightbearing.'

BEST OF BOTH WORLDS?

But while weightlifting might start out as anaerobic, no one stays in that state for more than about 10 seconds, so you'll soon switch into aerobic mode if you're doing a class, such as BodyPump, or any other sustained weights workout. 'Classes that involve resistance, such as Pump or even a Spin class, can count as both cardio and resistance, as you're pushing against the weight – of the pedals in the case of a Spin class – and getting the best of both worlds,' says Nolan Sunnassee, Essex-based one-to-one strength and conditioning coach (evo-fit.co.uk).

'However, it depends on your starting level of fitness. If you're overweight and haven't exercised in a long time, cycling on a static bike gives you a resistance workout for your legs, as well as the cardio element of getting your heart pumping. But if you've already built up good fitness through cycling, then each time you do it it's much more about the cardio, and not so much about building muscle,' says Nolan. The same is true for any type of exercise (see Cardio, page 66).

So, which workout format is best overall? It depends on your desired outcome. Let's take a look at the pros and possible cons…

WEIGHT TRAINING PROS

1 You boost your metabolism

A comment often heard is that "cardio is king", due to its superior calorie burn per hour. However, your metabolism is working all the time – even when you're on the sofa watching TV. 'One of the benefits of weight training is that it helps raise what's called your Basal Metabolic Rate (BMR), which means your muscles use more energy – or as most people say, "burn more calories" – when at rest,' says Tony. This means that doing a weights session will have benefits for your body long after you've finished exercising.

2 It can prevent injuries

'Although you may think you'd do yourself more harm, that's only the case if you lift too heavy too soon, and with poor form,' says Nolan. 'While it is true the heavier you lift, the more you'll challenge your body, including losing weight and changing your shape, it's crucial you don't overload your muscles and joints without having the right form, otherwise you could exacerbate any niggles or create a new injury,' he adds. If you start out with low weights and build up, you'll be less likely to injure yourself.

3 You'll strengthen your bones

Any weight-bearing exercise that puts load through your body will be help strengthen your skeleton, reducing or avoiding osteoporosis. 'The more force applied, the greater the signal for your body to adapt and strengthen,' says Nolan. 'Your tendons, ligaments, nervous system and bones all get strengthened. Bodyweight exercises are an excellent starting point for learning to perfect technique, before trying heavier loads,' he adds.

‘Doing a weights session will have benefits for your body long after you’ve finished exercising.’

WEIGHT TRAINING CONS

1 You can injure yourself

While weight training, done correctly, can be a great way to avoid future injuries as it helps strengthen your tendons, muscles and ligaments, when done incorrectly it can exacerbate injuries or create new ones. This is why it’s crucial to work with a well-qualified personal trainer who has qualifications in strength and conditioning. ‘A good PT isn’t just someone there to motivate you, and neither should they be working out alongside you as they can’t be monitoring your every move and make sure you have correct form,’ says Nolan. ‘A good PT ought to prescribe exercises that make sense for you and your body, taking into account your previous injuries.’

2 You can overdo it

Too much weight training without the correct rest and diet can be worse for you than never stepping foot in a gym, says Tony. ‘After a period of eight-to-10 weeks of consistent training it’s important to have a “de-load” week – where you do no or very little weight training. This helps you recover and rest, which is important for long-term health,’ he says. If your body is tired, don’t push through weight training as you’ll take longer to recover.

TIP: If you’re still pre-menopause, you’ll have more energy at different times in your cycle, so in the few days before, and during, your period, choose Pilates, walking or stretching over heavy weights, as your body can be running lower on energy. ‘It’s important not to always push through but to tune in to what your body is saying. Once your period is over, this is a great time to start training more fully as your energy will be rising,’ says Nolan.

CARDIO PROS

1 It's often cheaper

Unless you have the space at home you'll probably need to head to a gym to do decent weight workouts – and the average cost of a gym membership in the UK is £40 a month. With cardio, though, you can get an effective workout in just fitness gear and a decent pair of trainers. Of course, there are smaller pieces of kit you could invest in, such as dumbbells, but nothing beats a good old walk, which costs nothing!

2 You're protecting your heart

Whatever cardio you do, your heart will be getting a good workout. 'Benefits include increasing the amount of blood that can be pumped around your body more effectively, lowering your resting blood pressure and heart rate, and increasing your body's ability to remove waste products – all these things reduce your risk of heart attacks and strokes,' says Nolan.

TIP: If you're new to exercise, don't overdo things and strain your heart. And if you experience any chest pain, get checked out by your GP.

3 It helps you detox

Sweating is good for you! But you needn't have a sauna to benefit, as any type of cardio will help you get a sweat on. 'Regular intense exercise improves this process. You can be exposed to hundreds of chemicals daily, from your environment, food, water and cosmetics. To remove these toxins, your body must use resources such as the tripeptide glutathione. However, you only have limited amounts, especially if you don't get enough from your diet. Not having sufficient resources to remove toxins from your body means they get stored in fat tissue. Regular sweating helps remove these toxins,' says Nolan.

CARDIO CONS

1 It could lead to fat gain

While cardio can use up energy and lead to weight loss for some, for others, going too hard with training could lead to storing of fat. If you're in your mid-40s or over and are doing class after class of mainly aerobic work, and yet struggling to shift weight, this could apply to you. 'One of the reasons people don't lose weight from doing lots of cardio is due to excess cortisol, as exercise is essentially a stress on the body,' says Nolan. 'The reason this becomes a problem at midlife is due to shifting hormones. Decreasing sex hormones – including testosterone, which helps you maintain muscle – coupled with increased cortisol, can lead to insulin resistance, the result of which is increased fat storage,' he adds.

TIP: 'Rather than cut out cardio completely, I'd advise doing only one-to-two sessions a week and adding in more weight training. It's better to reduce the cardio and increase the resistance work as you get older, as the benefits of weight-bearing exercise are not only for stronger muscles and bones, but reducing fat, too, especially around your middle,' says Nolan.

2 It's easier to plateau

While cardio gets you fit, once you've adapted and your body finds it easier, it's difficult to progress unless you increase the duration and/or frequency. 'Any type of exercise will be hard to begin with, if you're new to it, so you'll usually get immediate muscle-building benefits whatever you do,' says Nolan. 'But, once you're used to a particular workout, for example if you do the same class week after week, your body adapts. The way to get stronger or slimmer is to either work out for longer, do more reps or use heavier weights,' says Nolan.

> 'Cardio benefits include lowering your resting blood pressure and heart rate, and increasing your body's ability to remove waste.'

IN CONCLUSION…

'Your goals and targets will impact the exercise type that will yield the best outcomes for you but, in general, you'll benefit from a varied and personalised plan that includes aspects of both weightlifting and aerobic exercise,' says Tony.

'It's definitely helpful to have elements of both cardio and weightlifting in your weekly routine,' adds Nolan, 'although over age 40, you're better off not overdoing it on the cardio and favouring more weights-based training, as it not only helps you prevent losing muscle and bone mass, but also avoid too much weight gain around your middle.'

Tony Goldingay is a regular tennis player, has extensive knowledge of the fitness industry and is the buyer for sports and fitness equipment specialists Sweatband (sweatband.com).

Nolan Sunnassee is a one-to-one strength and conditioning coach trained to Olympic level, with 20 years' experience in fitness. He offers an online programme for weight loss (onlinepersonaltraining.tv).

MASTERING MIDLIFE

JUMP TO IT!

Fitness expert and PT Joey Bull helps women in midlife feel better and look great through exercise and mindful practices. This issue she focuses on the benefits of jumping!

JANUARY ISN'T ALWAYS the healthiest month. With festive feasting and drinking throughout December spilling over into new year celebrations, added to possibly less movement and sleep, January is a tough time to go from indulgences to discipline! Add to that the cold, dark, damp nature of mid-winter and you can easily end up in a cycle of comfort eating, leading to weight gain.

You could also experience joint or muscle ache through inactivity, as well as the cold, leading to lethargy and a reluctance to get out of the house.

Poor health habits begin to have more of an effect in midlife, whereas in your younger years you could perhaps have gotten away with indulgences. Fluctuating hormones compound the problem as low progesterone leads to anxiety, sleep problems and lack of muscle density. Cutting out refined foods, stimulants and alcohol is helpful, if not always easy. However, within a couple of weeks you'll notice the difference.

Eating or supplementing with essential fatty acids is essential now, as hormones are made of fat, so a low-fat diet isn't the answer. Eating in a more alkaline way will also help you shift stubborn weight. This means favouring green veggies and reducing acid-forming foods such as meat and dairy. Citrus fruits, although acidic, have an alkalising effect on your gut.

THE GOOD STRESS

While most stress depletes you, some is good, i.e. exercise! You need this

WORDS: JOEY BULL. IMAGES: DARREN THAT CAMERA MAN. JOEY BULL FOR WORKOUT IMAGES.

positive stress on your body to recover well over night and feel good the next day. Bursts of activity put you into a state where you release adrenaline but use it up and recover.

On the contrary, chronic mental stress just depletes your body over time if you don't "burn" if off through sufficient movement. And while walking and jogging are great and do help, they don't provide quite what you need to beat stress, lose weight and stay toned.

Explosive movement is what you need. Simple jumping can be done at home, or anywhere, and is helpful during midlife, firstly as it stimulates muscle growth and increases bone density and, secondly, quickly raises your heart rate.

My jumping workout (see panel, right) need only last minutes and will fatigue you fast! Yet it will make such a difference to how your body feels and recovers, as well as boosting your metabolism, aiding fat loss and helping you sleep. What are you waiting for? Jump right into 2023!

Joey's fitness and wellbeing course, The Best is Yet to Come, helps revitalise women in their middle years for all-round physical and emotional health. Visit joeybull.com and find Joey on instagram.com/joeybull_fitness.

TIME TO EXPLODE!

Add this routine to your daily walk or jog or simply do it at home. Each of the jumps starts with a different foot position, so by the end you'll have stimulated all the muscles in the front, back, outer and inner side of your thighs as well as your bum. When you jump, leave no gap before the next so each is consecutive. If you're currently a little unfit, start off with four jumps in each position and build up to eight. Try to do the routine daily. NOTE: If you're unable to jump, simply burst upwards to your tiptoes but don't leave the ground.

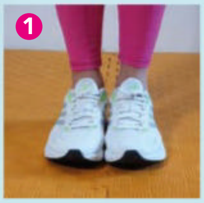
POSITION 1: Start with your feet together, then bend your hips and knees and bounce upwards. As soon as you land, do it again. Do this 4-8 times.

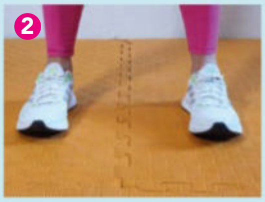
POSITION 2: Now, widen your foot stance to parallel, feet around shoulder-width apart, then bending knees, keeping knees over your toes, jump 4-8 times.

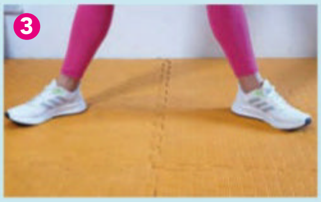
POSITION 3: Next, widen your stance a little more and turn your knees and toes outwards. Make sure your knees stay in line with your feet and don't droop inwards – think of a ballet dancer doing pliés! From there, jump 4-8 times. landing softly.

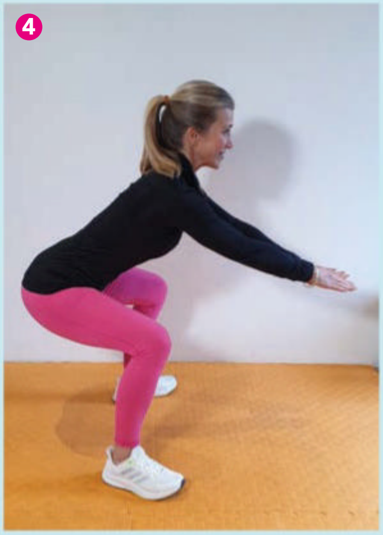
POSITION 4: Bring your feet together a little, turn your toes outwards as like the hands of a clock at 10 to two. Sit your bum back behind you as far as you can, then with your back long and straight, jump 4-8 times, each time landing and thrusting your bum back.

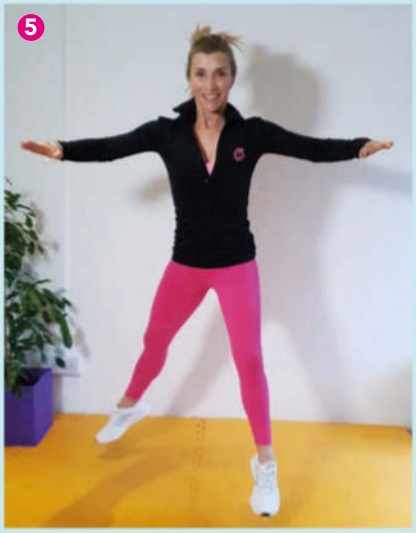
POSITION 5: With one foot pointing forward and the other out to the side, bend your knees over each respective foot, keeping them in alignment. This will cause a rotation in your hips, however, keep the shoulders facing forward. Leap high, landing with your knees still over your toes. Do 4-8 repetitions. Repeat with the other leg in front.

1


2


3


4


5


lavera
NATURKOSMETIK
WITH PLANT INGREDIENTS FROM OUR OWN PRODUCTION
BIO
Climate neutral

GLOW BY NATURE.

NEW

lavera
NATURKOSMETIK
BIO
GLOW BY NATURE
SERUM
SIERO
Q10 +VITAMIN C
A natural boost of energy for a radiant complexion
DAY
GLOW BY NATURE
DAY CREAM
NATURAL COENZYME Q10 & VITAMIN C

GLOW BY NATURE Day Cream & Serum

- Revitalising skin care for a natural glow and a radiantly fresh complexion
- Formulated with natural Q10 to reduce signs of fatigue and fine lines
- Natural vitamin C protects the skin against free radicals
- Free from mineral oils and synthetic ingredients
- Available from health stores and online at www.lavera.co.uk

lavera. Nature you can feel.

100 % certified natural personal care

PETA APPROVED Global Animal Test Policy

Vegan®

TOP BEAUTY

Delve into our pick of the best beauty treats for your skin and hair.

Doctor A
YOUR SKINCARE SPECIALIST
Intensely Exotic Night Repair Moisturiser
Alcohol free
For dry skin
Mango butter | Squalane | Hyaluronic acid
Grapeseed Oil | Plant Powder | Red Raspberry Oil
60ml e | 2.1 fl.oz
Natural
Vegan
Fresh
Hand-made
Eco-friendly
Alcohol free, Natural, Cruelty-Free, Eco-Friendly, Fresh, Palm oil free, SLS free, Paraben free, Microbead free, Vegan, Hand-made,

SKIN TONIC

Beat winter-weather dryness with a revitalising infusion of plant-powered moisture in the new **Doctor A Cosmetics Intensely Exotic Night Repair Moisturiser** (£28, doctoracosmetics.com). It combines hyaluronic acid, squalane, mango butter, grapeseed oil and red raspberry oil for supple skin, with no parabens, sulphates, silicones, palm oil, microbeads or alcohol. It's made in the UK with eco-friendly packaging and is fragrance-free.

WORDS: AMELIE DAWSON.

8.46 million

...the number of women who use facial skincare more than once per day in the UK.*

Beautiful brows

For brows that look beautifully groomed rather than overdone, try **Brows By Sarah Fluff It Up** (£39, brows-by-sarah.com). It's a lightweight but strong clear gel with skin-nourishing plant extracts that lifts, fixes and sculpts eyebrows instantly. Or choose Wow Brow (£39), for a slick of subtle colour that enhances and thickens brows while reactivating hair growth. Star ingredients Myristoyl Pentapeptide-17 (a fatty acid) and Curcuma Longa (plant from which turmeric is derived) help to encourage brow hair growth, while magnolia bark helps slow down production of free radicals, preventing brow hair thinning and loss.

BROWS by SARAH
FLUFF IT UP

GETTING LIPPY

Chapped lips strike at this chilly time of year, so make sure your pout is protected with **Athletia Lip Oil Essence** (£18, athletia-beauty.co.uk). With a rich and glossy texture that's moisturising without being sticky, this serum combines botanical oils and hyaluronic acid for long-lasting comfort. Plant-derived ingredients include eucalyptus, juniper berry, bergamot and marjoram. It's free from parabens, silicone, mineral oil, synthetic colour and petroleum-based surfactants, as well as coming in an environmentally friendly tube made from biomass plastic.

TopSanté PROMOTION

SOOTHE AWAY STRESS

If you're feeling overwhelmed and stressed, try **SOiL Relax Remedy Roller** (£4.70, soilorganics.co.uk) to lower your anxiety levels. It's a soothing combination of organic essential oils, including comforting clary sage, warming marjoram, relaxing lavender and chill-out chamomile to calm your nervous system. Apply the roller directly onto your pressure points to relieve stress, anxiety or tension headaches and re-energise.

SOiL
ORGANIC REMEDY ROLLER
RELAX

---

*STATISTA.

BONDI BOOST
SPRAY

HEAVENLY HAIR

Transform lacklustre locks into your crowning glory with **BondiBoost Intensive Spray** (£21, bondiboost.co.uk), a concentrated leave-in scalp treatment to tackle thinning and fragile hair. A complex of soothing aloe vera leaf, impurity-clearing tea tree oil, fortifying vitamin B5, and other potent plant extracts, boost scalp health by stimulating blood flow and strengthening strands for fuller and thicker-looking tresses. Meanwhile, plant-based regrowth solution Redensyl plus biotin support healthy hair growth and density.

WAKE UP TO PERKIER SKIN

It's usually a truth-stretching claim for a brand to call a product "miraculous", and yet in this case, **Oiyari Skin Miracle Night Cream** (£65, oiyari.com) really does make a noticeable difference to fine lines and brightness. Marine peptides and plankton extract boost collagen and prevent oxidative stress, while liquid oxygen helps speed up cell renewal and intensively repair. Skin appears perkier and in better condition. The word "Oiyari" is derived from the Japanese, "omoiyari", which means to be compassionate, so naturally the products are vegan and cruelty-free.

oiyari
SKIN MIRACLE
NIGHT CREAM

SEAGROWN
WILD GROWN
SEAWEED HAND AND BODY CREAM
SEAGROWN
SEAWEED SOAP

CALMING SEAWEED

Nutrient-rich seaweed is a powerhouse of vitamins and minerals that hydrate and soothe skin. So, **SeaGrown Hand & Body Cream** (£16.75, seagrown.co.uk) is a great choice for replenishing dry skin, especially on problem patches such as hands, elbow and knees. It's handmade in Yorkshire, in partnership with SeaGrown – the UK's largest seaweed farm. The SeaGrown Soap (£9.75) is made from locally sourced beeswax infused with kelp and essential oils, without artificial foaming agents.

For more beauty content, subscribe to our FREE weekly newsletter. Visit topsante.co.uk and click on the newsletter to sign up!

C THE LIGHT!

If last summer you caught too many rays and it led to increased pigmentation – AKA sunspots – now's the perfect time to start brightening with vitamin C. Add it to your skincare routine today!

WORDS: RACHEL TOMPKINS. IMAGES: SHUTTERSTOCK.

IT CAN BE EASY TO FEEL A little blue in midwinter, what with the lack of sunlight to help pep you up. But the reduced UV means now's a great time to address any increased pigmentation from last summer, as you can go for stronger actives without so much worry about the sun sensitising your skin.

Retinol might be an obvious choice for resurfacing a dull complexion, but when it comes to reducing pigmentation, vitamin C's the way to go as it can add brightness and glow – just what you need in the middle of winter!

Hyperpigmentation is very common and means that some areas of the skin look darker than others. For some people, this manifests as brown, black, grey or even red spots. And these spots are referred to as age spots, sunspots or liver spots.

Your skin gets its colour from a pigment called melanin, made by special cells. If these cells become damaged they can affect your body's

> ‘Winter is the perfect time for addressing pigmentation as the sun’s rays are weaker so won’t sensitise your skin as much.’

natural melanin production. Skin cancer expert Dr Paul Banwell (paulebanwell.com), founder and former head of The Melanoma and Skin Cancer Unit in East Grinstead, one of the largest skin cancer units in the UK, says the sun’s ultraviolet light can cause a lot of damage. ‘Sun damage is generally the main cause of pigmentation issues. When the skin is exposed to UV, hormonal balance or trauma, it activates melanocytes, which increase melanin production,’ says Dr Banwell.

Melanin is the pigment that gives your skin it’s colour, and when melanin is not evenly distributed, it can cause freckles, brown spots or patchy pigmentation. ‘Although freckles and brown spots are not a skin disorder, they are a key sign of sun exposure and damage, both of which are linked to premature ageing of the skin, which is associated with skin cancers.’

BEST TIME TO LIGHTEN

Fortunately, winter is the perfect time for addressing pigmentation as the sun’s rays are weaker so won’t sensitise your skin as much, and an ideal ingredient in your arsenal is vitamin C. ‘Vitamin C is a key ingredient to effectively treat hyperpigmentation because of its powerful antioxidant properties and its ability to inhibit melanin formation,’ says Dr Banwell.

‘I also recommend retinol products, which can be applied topically to lighten skin and reduce the appearance of hyperpigmentation. However, you must be careful with retinol, because it can lead to sunburn (hence why you always need to apply a high-factor SPF during the day

▶

when using retinol), because it encourages new skin cells to develop.'

Doctor Ginni Mansberg, founder of E.S.K Skincare (eskcare.com) is another fan of vitamin C. 'Vitamin C is available in a number of active forms. Among all the available options, L-ascorbic acid is the most biologically active and well-studied, and there are three ways in which this powerful antioxidant can help skin – provided it is at a low pH,' says Dr Mansberg.

'Firstly, vitamin C can slow the production of melanin, aiding in brightening and prevention of dark circles, sunspots and pigmentation; secondly, due to its high antioxidant potency, vitamin C works on a cellular level to revise existing damage including environmental and ageing; thirdly, the ingredient improves the texture of skin thanks to its ability to enhance collagen production, leaving skin feeling firm and smooth.'

In short, vitamin C offers multiple benefits – internally and externally – and by adding it to your skincare routine this winter you'll not only be helping to address pigmentation issues caused last summer, but also brighten and rejuvenate your complexion for the year ahead.

To enhance your at-home skincare, consider an in-clinic treatment. 'Not all melasma is permanent and there several treatments can help,' says consultant dermatologist Dr Jinah Yoo (drjinahyoodermatology.com). 'The Hollywood Spectra facial uses a Q-switched Nd:Yag laser to effectively treat melasma. It rejuvenates pigmented, sun-damaged skin and has no downtime. **Visit instagram.com/thehealtheditor to see editor Katy trying the treatment.**

8 TO TRY

Give your skin a new life with these radiance-enhancing beauties…

Voya Vitamin C Antioxidant Serum (£66, voya.ie). This lightweight facial serum is organically formulated with seaweed antioxidant and anti-inflammatory complex combined with ascorbyl glucoside, a water-soluble derivative of vitamin C suitable for sensitive skins. **REVIEW** *'The texture of this serum is thicker than many I've tried, which makes it last and sink in – it doesn't feel as if it evaporates like some do. It has a very slight smell of seaweed. It's cooling and calming and left no irritation.'* ***Katy, 44.***

Germaine De Capuccini Timexpert Radiance C+ Illuminating Antioxidant Eye Contour (£46.30, germaine-de-capuccini.co.uk). Restore the glow of your eye contour with this cream enhanced with HLG Nanopolymer, which increases the efficacy of vitamin C. It helps fade signs of fatigue, fine wrinkles and evens tone. **REVIEW** *'I adore the creamy consistency of this: not so thin it runs into your eyes, and not too thick it won't absorb. It's one of my go-to eye products as it hydrates immediately.'* ***Katy.***

GERMAINE DE CAPUCCINI
TIMEXPERT RADIANCE
C+

E.S.K Enlighten (£60, eskcare.com). Evidence-based skincare cream with a tyrosinase inhibitor (4-n-butylresorcinol) and antioxidant (niacinamide) to lighten and brighten skin appearance, and provide a more even skin tone.
REVIEW *'I really like this product. I love how lightweight, unscented and easily absorbed it is. I had quite a lot of pigmentation on my face after two beach holidays and it's significantly reduced since using it. My skin tone is much more even. I also like to have a glow during the day and previously used a highlighter but I don't need to now. My skin looks and feels healthier.'* ***Angie, 46.***

E·S·K
EVIDENCE SKINCARE
ENLIGHTEN
L
AM PM

Doctor A Cosmetics Vitamin C Brightening Moisturiser (£28, doctoracosmetics.com). This new-launch cream protects from pollution, helps reduce pigmentation and scarring, as well as brightening and regulating skin tone, thanks to vitamin C, salicylic acid, squalene, vitamin A, vitamin E and plant extracts.
REVIEW *'This moisturiser has a thick and nourishing waxy texture that instantly softens and smooths. It's fragrance-free, which is great for sensitive skin like mine. I found it soothed down red patches and left my face feeling comfortable without looking shiny,'* ***Angela, 43.***

Healthspan Vitamin C Eye Cream (£14.95, healthspan.co.uk). This brightening cream contains caffeine, hyaluronic acid, vitamin E and botanical extracts as well as vitamin C to reduce puffy eyes, signs of fine lines and hydrate under-eye skin.
REVIEW *'I love how quickly this cream sinks into my skin. Make-up goes on easily over the top and concealer seems to stay smoother for longer. I see a slight depuffing of my under-eye area but am most impressed by a noticeable brightening of the darker areas under my eyes after just a week's use.'* ***Angela.***

healthspan
Vitamin C
Eye Cream
nurture

By Sarah London Vitamin C + E Daily Radiance Booster (£19, bysarahlondon.com). An antioxidant booster that protects skin from environmental aggressors while brightening and evening out skin tone. It uses a stable, slow-release form of vitamin C, paired with soothing vitamin E.
REVIEW *'The serum is lightweight and watery in consistency, but it really rejuvenated my skin – so much so I received a compliment – on a Zoom call – on my fresh, hydrated skin the morning after I'd used it!'* ***Katy.***

BY SARAH
LONDON
Awake
Vitamin C+E
daily radiance booster

PCA Skin C&E Advanced (£107, pcaskin.co.uk). This first-of-its-kind waterless formula contains potent antioxidants. The 20 per cent concentration of pure vitamin C minimises the appearance of fine lines and wrinkles while promoting an even skin tone and protecting against environmental damage.
REVIEW *'I love how this feels powdery soft when applying, and how silky my skin is after I've used it. It's easy to apply, absorbs quickly and doesn't tingle, even though I have quite sensitive skin. It's a lovely base for my foundation, I'd just prefer a little more glow as it's quite a matte finish.'* ***Angie.***

C&E
advanced
with hexylresorcinol
and silymarin
PCA skin

Q+A Vitamin C Brightening Serum (£9, qandaskin.com). Brighten and refresh your skin with this antioxidant-rich hybrid serum. The vitamin C is encapsulated in a blend of volcanic soil to keep it stable and prevent oxidation, while hyaluronic acid hydrates and is ideal for dry skin.
REVIEW *'The texture of this wasn't at all what I was expecting, as I think of serums as being quite silky and/or watery. This is more a light cream, hence why it's probably called a hybrid serum. It's great for use on its own as it moisturises well without the need for a moisturiser, which was impressive as it's not super thick. A really lovely product and a great price, too!'* ***Katy.***

Q+A
VITAMIN C
Brightening Serum
30ml e 1fl.oz

SUBSCRIBE AND SAVE £26

MAKE TIME FOR YOU

and create a life you love

MAKE THE MOST OF SUMMER YOUR 25 WELLBEING ESSENTIALS
CREATE A LIFE YOU LOVE
UK edition
psychologies
TACKLE ANXIETY
Positive affirmations that really work!
Beat the heat and sleep well
16-page DOSSIER
HOW TO COPE WITH CHANGE
your mind
How to let go of your emotional baggage
TAKE THE STRESS OUT OF WAITING FOR RESULTS
PSYCHOLOGIST AND BESTSELLER
Dr Julie Smith
'It felt like a rocket taking off – I had to hold on for dear life!'
Summer books you need to read!

SAVE £26*

RECEIVE 6 ISSUES FOR ONLY £15

IN EVERY ISSUE

HEART
Improving your relationships

MIND
Boosting your happiness

BODY
Looking after your physical health

SOUL
Doing more of what you love

GREAT REASONS TO SUBSCRIBE

Just £15 for your first 6 months + Save £26 in your first year* + Never miss an issue
Free UK delivery directly to your door in 100% plastic free packaging

VISIT SHOP.KELSEY.CO.UK/NY23HPY
OR CALL 01959 543747 and quote code NY23HPY

SCAN HERE

HOTLINE OPEN: MONDAY-FRIDAY, 8.30AM-5.30PM. CALLS ARE CHARGED AT YOUR STANDARD NETWORK RATE

UK Direct Debit offer only. You will pay £15 for your first 6 issues. Your subscription will continue at a rate of £22.99 every 6 months. *Discounts are calculated on full cover price for 1 year. Offer ends 31st March 2023. Your subscription will start with the next available issue. Prices correct at time of print and subject to change. Lines open Mon-Fri 8.30am-5.30pm. Calls charged at your standard network rate. For full terms and conditions visit shop.kelsey.co.uk/terms. Data protection: We take great care in handling your personal details and these will only ever be used as set out in our privacy policy which can be viewed at shop.kelsey.co.uk/privacy-policy. You may unsubscribe at any time.

MIDLIFE MAKE-UP

IN WITH THE NEW...

January is the perfect time to start afresh – especially when it comes to beauty products, says Grace Fodor, founder of Studio10.

WORDS: GRACE FODOR. MAIN IMAGE: SHUTTERSTOCK.

1 CLEAN YOUR BRUSHES

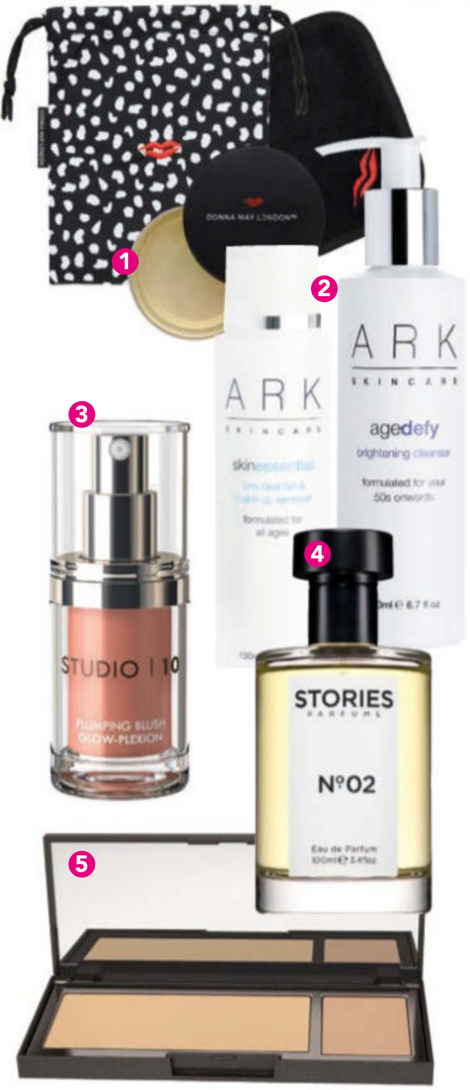
Cleaning your make-up brushes is vital for good skin health yet it's something that's often forgotten. Unwashed brushes gather bacteria that can clog pores and damage skin. I advise a monthly soap and water wash, or using the **Donna May London Makeup Brush Cleaner Kit** (£24.95, donnamaylondon.com), which comes with a cleansing balm, silicone scrubbing pad and a microfibre drying cloth.

2 ACE THE DOUBLE CLEANSE

Double cleansing is the best way to maintain healthy skin. A pre-cleansing product or micellar water infused with oil will remove most dirt, then follow up with a foam or cream cleanser to remove the rest. I'm a huge fan of **Ark Skincare Skinessential Pre Cleanse & Make-up Remover** (£30, arkskincare.com) and its **Age Defy Brightening Cleanser** (£26), which helps to nourish and rejuvenate my skin.

3 SWITCH UP YOUR MAKE-UP

Throw away any old cosmetics – especially any that are older than a year – and treat yourself to some new beauties enriched with skincare ingredients. My four-step morning routine will help you glow: first, "prime" skin and create the perfect base for make-up; next, "perfect" by concealing redness, blemishes or pigmentation; thirdly, "shape" by creating definition that enhances features; and lastly, "shade" by adding a flush of healthy colour to your cheeks. The **Studio10 Plumping Blush Glow-plexion** (£26, studio10beauty.com) helps brighten skin with a boost of colour and radiance. Its buildable liquid formula blends seamlessly for an ultra-natural finish.



4 BOOST YOUR MOOD

I love to gift myself little feel-good moments of luxury simply by spritzing on my current favourite scent: **Stories Parfums No. 02 Eau De Parfum** (£150 for 100ml, storiesparfums.com). I'm currently wearing it all day, every day as I love its light florals balanced with musk and honey.

5 USE SPF IN WINTER

I wear SPF all year round and you can now get it in make-up! Try **Studio10 Skin Repair Perfect Canvas SPF30 Foundation** (£34), which is a hydrating serum-based foundation containing SPF30.

PLANT BASED
GOODNESS!

JAZZ UP YOUR VEGANUARY!

MACRO COUNTED
THE GYM KITCHEN
FOOD TO FUEL
PLANT BASED!
PIRI PIRI GRAINS
HIGH IN PROTEIN 20g PROTEIN
343 KCAL PER POUCH
HIGH IN FIBRE 13g FIBRE
READY TO EAT
MEDIUM
250g
MACRO COUNTED
THE GYM KITCHEN
FOOD TO FUEL
PLANT BASED SPAGHETTI BOLOGNESE
Cooked spaghetti in a mushroom, tomato and red wine ragù accompanied with broccoli
17g PROTEIN
301 KCAL PER PACK
3
400g

THE GYM KITCHEN
FOOD TO FUEL

MACRO COUNTED
FLAVOUR-PACKED
MEALS & GRAINS

@thegymkitchen
www.thegymkitchen.com

FIND THEM AT ocado ASDA

Subject to availability, products vary by retailer, selected stores and online. While Stocks last. For more info visit our online store locator.

TOP
FOOD & DRINK

Tuck in to the best new foods and treats, plus find inspiration for creative home cooking.

DAIRY FREE AND DELICIOUS!

A little treat to get you through the dark, dank month of January comes in the form of **Fellow Creatures Vegan Chocolate** (from £3.45, fellowcreatures.co.uk). At last, a milk-free chocolate that's truly scrumptious! Creamy and not too sweet, the bars are available in five flavours: Plain, Hazelnut, Salted Caramel, Raspberry White and Matcha White. Or try the two new Wowza vegan spreads (£6), in Chocolate Hazelnut or Salted Caramel – perfect as porridge, pancake or toast toppings. Just divine!

WORDS: ANGELA KENNEDY.

ECO COOKWARE

If you're fed up with flimsy cookware that scratches and the handle easily becomes loose, invest in a sturdy ProCook Cast Iron Casserole Dish (from £89, procook.co.uk). With a 25-year guarantee, the dish is designed to last, rather than add to landfill. Made from strong molten iron with a toughened enamel coating inside and out, it's suitable for all hob types, and is oven-safe to 260˚C. Great for casseroles, roasts and bread.

LOVE YOUR GUT

Support a healthy gut with **Biotiful Plant-Based Oat Kefir** (from £1.85, biotifulguthealth.com). A cultured oat-based drink fermented with billions of vegan kefir cultures, fortified with vitamins, calcium and no added sugar. Probiotics in kefir can aid digestion and improve the balance of beneficial bacteria in your gut. Choose from Original, Mango, Strawberry, Vanilla or Cherry flavours.

Biotiful
gut health
OAT
kefir
drink
cherry

ADD NATURAL FLAVOUR

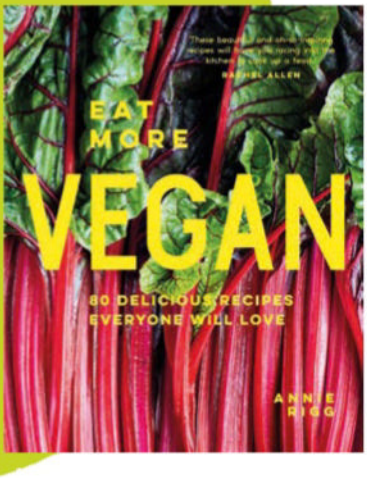
Spoon a heavenly hint of natural vanilla into sweet or savoury dishes with **LittlePod Natural Vanilla Paste** (£15, littlepod.co.uk). Most vanilla flavourings are synthetic essences but this one is a blend of vanilla pods and seeds for a rich, highly concentrated taste. Use for baking or stir into porridge, curries or stews. It's gluten-free and is produced sustainably, with 10 per cent of your order price going towards community projects in the vanilla-growing region of Madagascar.

LittlePod
natural
vanilla
paste
LittlePod
organic
coffee
extract
LittlePod
pure
chocolate
extract

NEW RECIPES

***Eat More Vegan: 80 Delicious Recipes Everyone Will Love*, by Annie Rigg (£16.99, Pavilion Books).**

Tap in to the health benefits of a vegan diet with this recipe book that focuses on vegetables, pulses, grains and seeds, rather than meat replacements. From quick evening meals and light bites, to sides, salads and hearty mains, plus weekend dinner party feasts – all dishes use a diverse selection of fresh, seasonal produce. Whether you want to go full vegan or just switch for a few days each week, this book will inspire you to savour your plant-based meals.


EAT
MORE
VEGAN
80 DELICIOUS RECIPES
EVERYONE WILL LOVE
ANNIE
RIGG

MASTRI ACETAI
Mastri Acetai
Aceto di ficodindia
Sicilia

VITAMIN-PACKED VINEGAR

Health-giving **Mastri Acetai Sicilian Prickly Pear Vinegar** (£14, sacla.co.uk) is a flavourful alternative to apple cider vinegar. Rich in antioxidants, magnesium, calcium and vitamins B and C, it's traditionally used to dampen down hunger pangs, lessen the effects of a hangover due to its anti-inflammatory properties and even decrease blood sugar levels. Add 20ml of Prickly Pear Vinegar to a glass of water and drink before meals to benefit. Or use as a tasty salad dressing or to add tang to sauces.

LUXURY FOOD TO YOUR DOOR

If you're short on time, **Dovebrook** (from £6.75 per main meal, dovebrook.com) will deliver plant-based frozen meals to you. The Cotswolds-based family business offers 20 restaurant-quality mains, from familiar favourites such as Butternut Mac & Cheese or Casarecce Carbonara, to more exotic dishes. Tempting puds are on offer too. All packaging is compostable and plastic-free.

GETTING TO THE POINT!

Speed-cook potatoes, a whole cauliflower or a joint of meat with vertical cooking tool **MySpike** (£29.99, myspike.co.uk). It reduces cooking time by heating food from within and is designed for oven or BBQ use. The heat-conductive material creates better air circulation and heat penetration, producing perfectly cooked food.

Dovebrook Preserved Lemon Pappardelle (£8.65 for one, £15.15 for two).

YOUR KETO KITCHEN

HOW TO HAVE A SUCCESSFUL VEGANUARY

Functional nutritionist, author and keto expert Pauline Cox MSc explains how best to support your body with the right nutrients if you're embarking on Veganuary.

WORDS: PAULINE COX. IMAGES: SUZI BIRD PHOTOGRAPHY, SHUTTERSTOCK.

AFTER THE EXCESSES OF Christmas, January often sees many people turning to a more plant-based diet, which has been made increasingly popular thanks to the Veganuary movement. Here, I take a look at the top nutrients needed for women who choose a plant-based diet – whether for January or the long term.

☑ VITAMIN B12

This vitamin is vitally important for a healthy nervous system, for making DNA and it is involved in making red blood cells. A chronic B12 deficiency can result in irreversible damage to the nervous system.

Absorbing B12 can be challenging for some individuals, especially those with chronic digestive conditions such as irritable bowel syndrome, coeliac disease or a lack of stomach acidity.

High levels of stomach acidity are needed to absorb B12, but as we age, we produce less stomach acid, making absorption more challenging. The carrier protein, intrinsic factor, is needed to absorb B12, however diminishing stomach acidity reduces intrinsic factor, lowering the absorption of B12. You can help improve your stomach acid levels naturally by adding apple cider vinegar and sauerkraut to your meals, and also supplementing with betaine HCL.

Also, add more B12-rich foods to your diet – it's found mainly in animal products such as beef liver, kidney, fish and fermented dairy, and in fortified plant-based products such as nutritional yeast.

☑ OMEGA-3S

Omega-3 essential fatty acids are important for maintaining optimal health

▶

> 'High levels of stomach acidity are needed to absorb B12, but as we age, we produce less stomach acid, making absorption more challenging.'

and wellbeing. Vegans can often be quite low in two key omega-3 fatty acids: EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). This is because these two fatty acids are found in high quantities in oily fish. Many plant-based sources of omega-3 are rich in ALA fats, and although ALA is converted to the important EPA and DHA fats, conversion is estimated to be low.

However, there are sources of EPA and DHA that can be obtained outside of fatty fish. Ahiflower has a unique fatty-acid profile that makes it an ideal choice for those looking for a complete and potent plant-based omega source, with EPA levels four times higher than flaxseed oil.

Algae oil is also a vegan source of EPA and DHA, and can often be found in softgel capsules or liquid. Wiley's Finest Catch-Free Omega (£29.99, sowandarrow.com) contains both ahiflower and algae oil, making a superior source of vegan omega-3 fatty acids.

ZINC

A deficiency in the mineral zinc can be common for many, but particularly in vegetarians and vegans. Zinc plays a pivotal role in protein synthesis, contributing towards healthy hair, skin, muscle and bone formation. Zinc is also needed for mental wellbeing and a well-functioning immune system. Food sources of zinc include seeds, nuts and chickpeas. Supplementing with zinc is also an option; choose a bioavailable supplement such as zinc picolinate or bisglycinate.

IRON

Women are at more risk of iron deficiency due to menstrual blood loss and heavy periods. While spinach and greens are a good source of iron, plant-based sources aren't always as bioavailable as meat-sourced iron. Therefore, supplementing an appropriate level of iron and keeping a look out for the symptoms of anaemia, such as paleness, shortness of breath, fatigue, easy bruising and weakness, can help minimise the risk of deficiency.

PROTEIN

When turning to a plant-based diet, protein can sometimes be replaced with increased carbohydrates, such as pasta and bread. Ensuring you eat plenty of protein is key, particularly for women as we lose muscle mass earlier than men due to our changing hormones. Maintaining lean muscle mass helps to keep blood sugars balanced as well as body balance and strength. Adding a scoop of high-quality, plant-based protein powder to a smoothie can be an easy way of increasing protein intake. NuZest offers a wide range of plant-based, high-quality powders (from £3, nuzest.co.uk).

> 'When turning to a plant-based diet, protein can sometimes be replaced with increased carbs, such as pasta and bread.'

To learn more about optimal wellbeing and nutrition for women, follow Pauline on instagram.com/paulinejcox. Pauline is also co-founder of the specialist keto store sowandarrow.com.

KETO GRANOLA
KETO HANA
PLANT BASED
COCONUT

Choose a dark chocolate, low in sugar to keep the carbs low and the nutrients high. Or try one sweetened with xylitol or erythritol for zero carbs. An 80-90 per cent bar adds a rich flavour without too much bitterness. Chocolate is a great source of magnesium, iron, copper and antioxidants. Enjoy a truffle after your main meal, rather than as a snack between meals, to reduce the impact on blood sugars.

LOW-CARB HAZELNUT TRUFFLES

These low-carb truffles by Keto Hana (ketohana.co.uk) are indulgent, deliciously rich and packed with fibre and antioxidants.

Makes: 17 truffles

- 190g keto or low-carb granola, such as Keto Hana granola
- 25g ground almonds
- 2½ tbsp cacao powder
- 4 tbsp hazelnut butter
- 2 tbsp sweetener (liquid stevia or local honey)
- 17 hazelnuts
- 90g dark, low-sugar chocolate, melted

1 Pulse 140g granola in a high-speed blender or food processor until a coarse flour forms.
2 Pour the granola flour into a large mixing bowl and add in the ground almonds, cacao powder, hazelnut butter and sweetener. Mix together with a fork until a dough forms.
3 Create 17 balls with your hands, then press with your thumb in the centre and pop a hazelnut (whole or half) into the indent. Use your fingers to compact the dough back around so that the hazelnut is sealed in the middle.
4 Roughly chop the remaining 50g granola on a chopping board with a knife or briefly pulse in a food processor or high-speed blender. Gently roll each of the balls in the crushed granola to coat.
5 Using a fork, dunk the truffles into the melted chocolate until completely covered, allowing excess chocolate to drip through the fork. Transfer to a wire cooling rack with parchment underneath to allow additional chocolate to drip through. Or transfer to a plate lined with parchment paper, but they'll be a little less circular with excess chocolate at the base.
6 Chill in the fridge for 30 mins or until solid. Store in an airtight container in the fridge for up to a week.

WORDS: SAM DIXON. IMAGES: CHARLOTTE NOTT-MACAIRE.

BRAISED LITTLE GEM LETTUCE & NOODLES

SERVES: 4

- 2 tbsp sesame oil
- 2 garlic cloves, crushed
- 2cm piece of ginger, peeled and grated
- 4 Little Gem lettuces, quartered
- 2 tbsp white miso paste, dissolved in 500ml water
- 100g rice vermicelli noodles
- 150g frozen peas
- Salt and pepper

To serve

- 4 spring onions, finely sliced
- Chilli oil, to taste

1 Heat the sesame oil in a shallow casserole dish, add the garlic and ginger and fry over a medium heat for about 2 mins until soft.

2 Arrange the lettuce quarters in the oil, one cut side down, and cook until crispy and golden on that side, then turn so that the other cut side is facing down and cook in the same way – this should take about 5-8 mins in total.

3 Remove the lettuce quarters and set aside on the chopping board that you used for preparing the ingredients.

4 Pour the miso mixture into the dish and bring to a gentle simmer. Add the rice noodles, stir gently, and cook for 2 mins until softened, then add the peas and the lettuce quarters and cook for another 2 mins. Add more water if you prefer it more brothy and season with salt and pepper to taste.

5 Ladle into bowls, top with the spring onions and add a drizzle of chilli oil to taste.

HEALTHY FOOD ON A BUDGET!

If you're watching the pennies after Christmas, try these one-pot dishes from new book *Broke Vegan: One Pot.*

GARLICKY BROTHY BEANS WITH RAINBOW CHARD

SERVES: 2

- 2 tbsp olive oil, plus extra for drizzling
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- 150g rainbow chard, stalks cut into 1cm thick slices and leaves roughly chopped
- 400g can cannellini or other beans
- Finely grated zest and juice of 1 lemon
- 500ml vegan stock
- Salt and pepper

1 Heat the olive oil in a medium-sized saucepan, add the onion and cook over a medium heat for at least 8 mins until softened.

2 Stir in the garlic and chard stalks and cook for another 2 mins.

3 Add the beans and their liquid from the can, the lemon zest and juice and stock. Season with salt and pepper to taste. Bring to a simmer, then add the chard leaves and cook for 2 mins.

4 Serve in bowls, drizzled with olive oil, and topped with a grinding of black pepper.

FOR GARLICKY BROTHY CHICKPEAS WITH TOMATO & CHILLI

1 Cook the onion, see left, but add 250g cherry tomatoes, halved, and 1 red chilli, deseeded and finely chopped, to the saucepan with the garlic in place of the chard stalks. Cook the tomatoes down over a medium heat for 8 mins.

2 Swap the cannellini beans and lemon zest and juice for a 400g can chickpeas, with their liquid, along with the vegan stock. Bring to a simmer (omitting the chard leaves) and cook for 2 mins. Season with salt and pepper to taste before serving in bowls.

Broke Vegan: One Pot by Sam Dixon (£12.99, Aster) is published on December 29. Photography by Charlotte Nott–Macaire.

MISO VEGETABLE & PASTA SOUP

SERVES: 4-6

- 3 tbsp olive oil, plus extra for drizzling
- 1 large onion, finely chopped
- 2 carrots, peeled and finely chopped
- 2 celery sticks, finely chopped
- 2 garlic cloves, crushed
- 2 litres water
- 2 tbsp white miso paste
- 100g spaghetti, broken into small pieces
- 2 courgettes, cut into small chunks
- ½ sweetheart cabbage, finely shredded
- 4 tomatoes, cut into small chunks
- 200g asparagus spears, cut into 1cm thick slices on the diagonal
- 400g can borlotti or haricot beans, drained and rinsed
- Finely grated zest and juice of 1 lemon
- Salt and pepper

1 Heat the olive oil in a large saucepan, add the onion, carrots, celery, and garlic and cook over a medium heat for about 8 mins until the onion is soft and translucent.

2 Pour over the measured water, add the miso paste and stir to dissolve. Bring to a simmer, add the spaghetti, and cook for 5 mins. Stir in the courgettes and cabbage and cook for another 5 mins.

3 Add the tomatoes, asparagus, beans, lemon zest and juice, and salt and pepper to taste and cook for another 2 mins. Add more water if you prefer it more brothy.

4 Serve in bowls, drizzled with olive oil, and topped with extra salt and pepper.

ASK THE EXPERTS

We love to hear from you.
If you have a question for any of our experts, please email it to **topsante.talkback@kelsey.co.uk.**

AROMATHERAPY EXPERT

Julia Lawless is an author, aromatherapy expert and managing director of Aqua Oleum (aqua-oleum.co.uk).

Q I bruise very easily on my arms and legs. How can I help the unattractive marks to fade more quickly?

A Lavender is great for soothing swellings and reducing pain from bruising. It is one of the few essential oils you can apply directly onto a bruise to encourage healing. So long as the area affected is small. Gently dab a few drops of lavender essential oil on the bruise, 3-4 times daily.

You can also try myrrh essential oil, which is a remedy with a long history of use for skin regeneration and calming tissue inflammation. As an astringent, it contracts cellular tissues and reduces bleeding, helping heal bruises and reduce discolouration more quickly. Use as described in the blend (right).

Helichrysum is a potent anti-inflammatory and offers gentle pain relief. The oil aids in the recovery from haematoma, a condition caused by broken blood vessels, so reducing the size and discolouration of bruises fast. Witch hazel is a vulnerary (wound healer) that seals off slow leaks within the blood vessels to reduce bruising, and improves blood circulation to aid healing. It's best applied to a cotton pad, then held against the bruise for a few minutes. Repeat several times a day.

Try mixing this blend for your bruise: add 10 drops each of lavender, myrrh and helichrysum oil to 50ml of chilled witch hazel. Shake well before each use and apply three to four times a day.

Q My fingernails are in bad condition. They're very brittle and some are splitting. How can I get them feeling nourished again?

A Adding a few drops of essential oils to a rich carrier oil to use as a nail treatment is the best way to remedy this condition.

Myrrh helps protect the fingernails from becoming brittle. It's a healing and regenerative oil that I love, which is great for keeping cuticles healthy, so promoting new nail growth.

Rose geranium conditions cuticles and encourages cellular growth, strengthening dry, brittle nails. Its antibacterial and anti-fungal properties also protect the skin and nails from infections.

Tea tree is an excellent oil to add to any nail blend for its fortifying and antiseptic properties and to help prevent nail infections.

Jojoba and argan oil both contain masses of antioxidants, vitamins and fatty acids that protect, condition and nourish damaged skin, making them ideal carrier oils.

Try this blend for brittle nails: 10ml jojoba or argan oil, two drops each of rose geranium, tea tree and myrrh oil. Mix together, then shake well. Massage into the nail beds and cuticles daily then leave to soak in, ideally overnight.

WORDS: ANGELA KENNEDY. IMAGES: SHUTTERSTOCK.

INCONTINENCE EXPERT

Dr Jana Pittman is a medical doctor specialising in women's health, plus a speaker and author (janapittman.com).

Q I'm in my early 50s and have suddenly noticed I leak from my bladder when I sneeze or cough – it's horribly embarrassing! Why is this happening and what can I do about it?

A Please don't be embarrassed. Many women experience a week pelvic floor, especially during peri-menopause or menopause, which is likely to be happening to you as you are in your 50s. Bladder leakage is usually due to changing hormones while you go through menopause. This is primarily because menopausal women have lower oestrogen levels which weakens the pelvic floor and thins the urethra (the tube that removes urine from the bladder). All of this can lead to an increase in urinary incontinence. While there's no magic wand to make the symptoms disappear completely, you can manage leaks with discreet absorbent undies, such as **Modibodi's Ultra Range** (from £30, modibodi.co.uk), which holds 250ml of liquid, is quick-drying and looks and feels like regular underwear.

TRAUMA EXPERT

Dr Lisa Turner is a trauma specialist, author and speaker. She founded CETfreedom (cetfreedom.com) for releasing trauma.

Q I have recently ended a decades-long female friendship because we had incompatible views. This break-up was extremely hurtful. How can I begin to heal from this trauma?

A Give yourself permission to feel whatever it is you feel. Remember that the pain you feel is actually love trying to find a place to go. You will make new friends but, for now, allow the love to flow back to yourself. Forgive yourself and forgive your friend. You were both doing your best. Ask yourself if there is anything you need to know or learn from this situation that will allow the pain to ease. Write down anything you wanted to say to her but didn't say. Even if you don't send it this can help.

Journal your thoughts on the situation to get them out. Then leave it in the past. Avoid overthinking the disagreement as it can only make it worse and more stressful in your mind.

Girlfriends are very important, not only are they there to laugh and cry with, they are a key part of your emotional support structure. You go to friends when you are upset, stressed or need someone to vent to. It may help to confide in another friend or talk to a professional for the new perspective you need.

Q My brother is an alcoholic. He has done many things to hurt the family, but I don't want to cut off all contact with him because I love him. How do I mentally and emotionally protect myself when I see him? How do I stop myself worrying about him all of the time?

A Addictions are hard! They are hard for the person who is addicted and they can be even harder for those around them who love them. When the addiction takes over, remember that you are not really interacting with your brother. You are interacting with his addiction. His mind has been hijacked by the addiction. He's no longer fully in control of himself and his actions. So, it's not him that's hurting you and doing the awful behaviour, it is the part of him that is addicted.

You should put in place very clear boundaries and be prepared to enforce them. Decide what you are and are not OK with. If you don't want to be around him when he is drunk, leave or don't allow him in when he is. This is where you will need to be very strong. The first time is the hardest. You can't change him, but you can change your reaction and response to his behaviour. Make sure you have the support around you that you need. Consider getting a coach or counselling for yourself.

PLAN YOUR COASTAL STAYCATION FOR **2023**

SUBSCRIBE

AND GET 6 ISSUES FOR **JUST £15**

INSIDE CORNWALL'S LUXURY JAMES BOND-STYLE HOME
coast
JANUARY 2023
BECAUSE LIFE IS BETTER BY THE SEA
7 OF THE BEST COASTAL CITIES
How to make the most of visits to Belfast, Dundee, Swansea, Liverpool, Southampton, Brighton & Plymouth
WIN THE ULTIMATE HOME INTERIORS PACKAGE
MOVE TO SHALDON
Buy a home in this special seaside place
KENT UNCO
Explore ancient cultur
SEAFOOD
How to ch which is you and th
SPEND A WEEKEND IN FALMOUTH
What to see and do in this marvellous marine town
COAST
SALTWATER LIVING
STAYCATIONS BY THE SEA
80 GREAT PLACES TO VISIT AND THINGS TO DO AROUND THE UK
coast
CALENDAR 2023

PLUS
100-PAGE GUIDE TO STAYCATIONS & CALENDAR

GREAT REASONS TO SUBSCRIBE

+ Receive two free welcome gifts from coast + Get each issue delivered directly to your door
+ Never miss an issue + Receive our weekly subscriber e-newsletter
+ Exclusive discounts on products and merchandise
+ You will save £21.89 on the shop price (in your first full year)

HOW TO SUBSCRIBE TO coast

Visit Shop.kelsey.co.uk/NY23PCOA
Or call 01959 543747 & quote code NY23PCOA

HOTLINE OPEN: MONDAY-FRIDAY, 8.30AM-5.30PM. CALLS ARE CHARGED AT YOUR STANDARD NETWORK RATE

UK direct debit offer only. You will pay £15.00 for 6 issues (6 months), you will then pay £22.99 every 6 months. Discounts are calculated on the full cover price. Offer closes 1st April 2023. Prices correct at time of print and are subject to change. Gifts are subject to availability. For full terms and conditions, please visit shop.kelsey.co.uk. Data protection: We take great care in handling your personal details and these will only ever be used as set out in our privacy policy which can be viewed at shop.kelsey.co.uk/privacy-policy. You may unsubscribe at any time.

KATY PERI menopause

Editorial director **Katy Sunnassee** delves into perimenopause and the body and mind changes bugging her – especially a growing waistline!

MIDDLE AGE spread. What a delightful term! In my 20s and 30s, I never really understood it and thought, rather judgementally: 'Isn't it just people being lazy? Surely you don't have to put on weight?'

And then I turned 43. Up until then, I'd pretty much been able to eat anything – chocolate, cake, crisps – and not put on weight (I'm sorry, don't shoot me. I realise many women struggle with weight so it's probably annoying to hear me complain). However, from age 43, and seemingly overnight, my tummy began sagging over my waistband.

Sitting on the loo and looking down at my body (as you do!) where once there had been a taught torso, now were grabbable rolls, and not just at the front but the sides, too. I hadn't noticed this creeping up on me. For the past three years, I've lived in jogging bottoms, fully embracing the WFH benefits of not having to dress up (or sometimes even dress at all – I have been known to work all day in pyjamas). So I wasn't wearing my former office attire to provide feedback about my growing midriff.

A few months ago, I found a picture of the old *Top Santé* team from Christmas 2015, and couldn't believe how much slimmer I was. The smart jeans, fitted tops and jumper dresses I wore are now relegated to the back of the wardrobe, never again to see the light of day as, a) I no longer work in an office and, b) I can't fit into them! Actually, that is a lie: I can, but I don't feel comfortable in them as I physically can't breathe in hard enough not to look three or four months pregnant. And that is no exaggeration. Also, while flipping through the photos I found ones from when I actually *was* pregnant, and at four months, posing in a bikini, I looked how I do now if I relax and let my stomach hang out.

INTO THE UNKNOWN

So, why am I whinging on about this, you ask? Because since turning 44 near the end of 2022, I most definitely feel I'm in peri territory. According to research group GenM (@genm_official), from age 44, the number of women "possibly in" or "definitely in" perimenopause rises steeply. And while I've been writing/editing content on this topic for eight years, now I'm actually starting to live it.

To come back to my opening line, I, too, am experiencing middle-age spread, which affects a lot of women and which I naively thought I'd swerve due to my former levels of activity and a high metabolism. Nothing about my lifestyle has changed much over the past four years: exercise, food intake – all has remained fairly constant, and so it must be hormones. And so I'll be exploring this topic – as well as brain fog, dry/sagging skin, sore boobs and more – in this column and on Insta.

For all of you on the peri journey – and apols to those who've been through it and are out the other side with the T-shirt – I hope you'll join me as I seek advice and support, so we can navigate this path together.

✉ **Do you have a question about perimenopause? Email topsante.talkback@kelsey.co.uk**

Also connect with Katy at instagram.com/thehealtheditor

WORDS: KATY SUNNASSEE. IMAGE: GEORGINA LITTLE PHOTOGRAPHY (@GEORGINALITTLEBRANDPHOTOGRAPHER).

ALTRUVITA
support your health

Scan for your exclusive discount

20% off your first order†

USE CODE: 20TS

Redeem at
altruvita.com

Vegetarian Society APPROVED

Beat the bloat with Happy Tum

Support your digestive health
over the holidays

Over the festive season it is normal to experience more negative gut symptoms than usual.

Happy Tum works to help support a sensitive tum. Formulated by our expert medical and nutrition team, it does this with a blend of three specially selected ingredients:

1 Green Tea

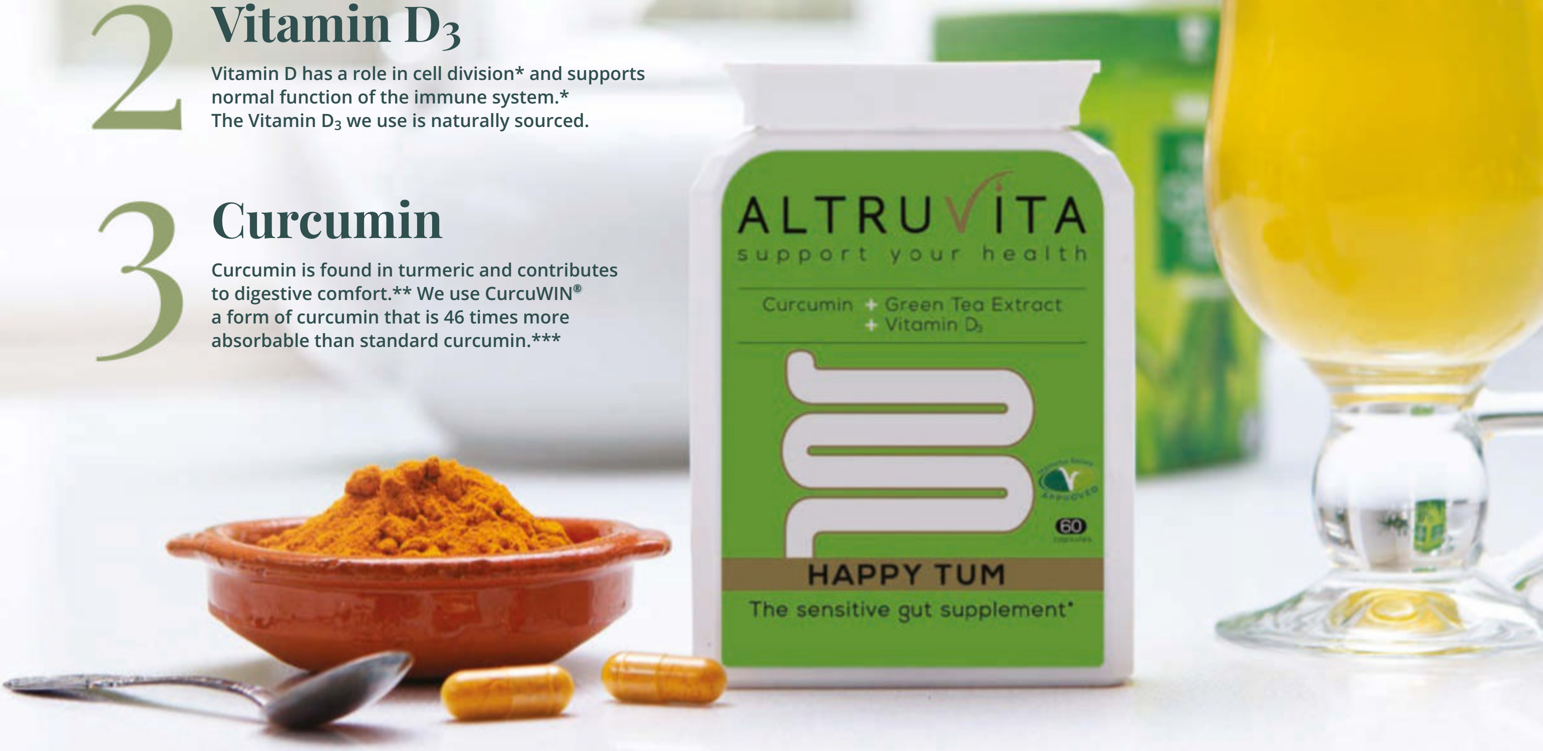
Green tea plays an important role in maintaining healthy gut flora**, thus helping support good digestive function.**

2 Vitamin D3

Vitamin D has a role in cell division* and supports normal function of the immune system.*
The Vitamin D_3 we use is naturally sourced.

3 Curcumin

Curcumin is found in turmeric and contributes to digestive comfort.** We use CurcuWIN®
a form of curcumin that is 46 times more absorbable than standard curcumin.***


ALTRUVITA
support your health
Curcumin + Green Tea Extract + Vitamin D3
60
HAPPY TUM
The sensitive gut supplement*

Premium Food Supplements

www.altruvita.com | info@altruvita.com

Follow us

@altruvita_supplements

† Offer valid on first order only. Valid until 30 November 2023. Not for use in conjunction with other codes or promotions. Excludes packs of 3 products. *GB REGISTERS ON NUTRITION AND HEALTH CLAIMS **GB ARTICLE 13.1 BOTANICALS ON HOLD LIST ***JÄGER R ET AL. COMPARATIVE ABSORPTION OF CURCUMIN FORMULATIONS. NUTR.J 2014;13(1):11.

eatlean
GRATED CHEESE
HALF THE CALORIES OF CHEDDAR!
PUT CHEESE BACK
LOW FAT
HIGH PROTEIN
LACTOSE FREE

eatlean

90% LESS FAT *

50% FEWER CALORIES *

40% MORE PROTEIN *

* THAN STANDARD CHEDDAR

THE HEALTHIER CHOICE FOR CHEESE

AVAILABLE AT

TESCO Sainsbury's Waitrose
ASDA Morrisons ocado

eatlean

GO ON, GIVE US A TRY

eatlean
CHEESE
GRATED CHEESE
HALF

EATLEAN.COM

£1 OFF

YOUR NEXT IN-STORE PURCHASE OF EATLEAN CHEESE (ANY VARIETY)

VALID UNTIL 23/04/23

Terms and Conditions:
To the Customer: This coupon may be used as part payment of £1 towards your next purchase of Eatlean Cheese, any variety. Only one coupon can be used against each item purchased. Coupon must be presented at time of purchase, can only be used once and must be surrendered upon use. Only original and undamaged coupons accepted. Void if altered or tampered with. Not for sale or auction. Not for use online. This coupon is only valid in the following retailers : Tesco, Morrisons, Sainsbury's, Asda, Waitrose. Valid until 23/04/23

To the Retailer: Eatlean will redeem this coupon at the value of £1 provided it has been taken as part payment towards Eatlean Cheese, any variety, in accordance with the Customer terms. Eatlean reserves the right to request proof of purchase or to refuse redemption of defaced or damaged coupons or those that have not been correctly redeemed as per instructions. Send coupons to Valassis Ltd, PO Box 6199, Nuneaton, CV11 9HQ within 3 months of the valid until date.

Coupon Expiry Date: 23/04/23. Coupon Code: 2421.00007.
RANGE AVAILABLE IN SELECTED STORES.